A TASTE OF EARLS GOOD FOOD, GOOD SERVICE MAKE YOU FEEL AT HOME {page 19}

SHEEN SACKED FROM SITCOM DISH {page 14}

TORONTO metro®
Tuesday, March 8, 2011
www.metronews.ca
News worth sharing.

TTC disputes union claim of phone blitz

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ A bus driver is pictured on Finch Avenue East, near Leslie Street, yesterday. The TTC has fielded 685 customer complaints about TTC operators making calls, texting, eating and playing games while driving since January 2010.

Union chief has accused TTC of overreacting to workers' use of devices Says dozens have been fired

The Toronto Transit Commission says there's no new crackdown on the use of cellphones by drivers.

Commission spokesman Brad Ross says TTC policies against cellphone use behind the wheel were in place even before a provincial law made it illegal.

Ross says the question facing the TTC is how to apply its policies consistently — for instance, he says drivers on breaks should not make calls sitting behind the wheel.

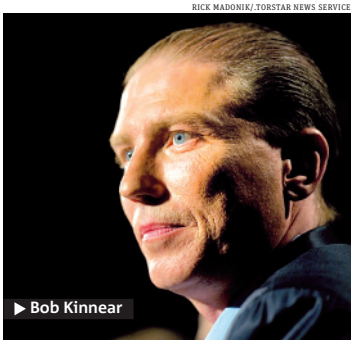
He adds a female driver disciplined for using a cellphone to film a passenger who spat at her has been reinstated. Ross says there are security cameras on TTC vehicles, so there's no need for drivers to record such incidents.

TTC union president Bob Kinnear says 40 to 50 drivers have lost their jobs over cellphone use, and Ross says, while he does not have specific numbers, that claim seems high. Ross adds many of the cases involve suspensions, not firings.

Kinnear alleges Mayor Rob Ford's office is behind a crackdown on cellphone use, to provoke the union, but Ross says "there's nothing to that at all."

Kinnear sent a message to all TTC employees Sunday informing them of mounting complaints over the alleged city-wide crackdown on uniformed workers using cellphones, even when not behind the wheel.

RICK MADONIK/TORSTAR NEWS SERVICE



▶ Bob Kinnear

The message warned workers they could be fired for dialling 911, calling their spouse to say they have to work overtime or even to check up on their sick child.

But Ross has denied some of the allegations, saying that employees would not be punished for calling 911 as long as they pulled over the vehicle.

Awareness of cellphone use by TTC operators has increased after three bus drivers were fired last January for texting while on the job. The TTC investigated the allegations after photos of the distracted drivers were snapped by passengers and posted online. **THE CANADIAN PRESS/ WITH FILES FROM TORSTAR NEWS SERVICE**

Branch out this summer

All kinds of arts courses on offer at GTA schools {page 28}

In celebration of women

How far we've come in 100 years {pages 15, 20, 22-23}

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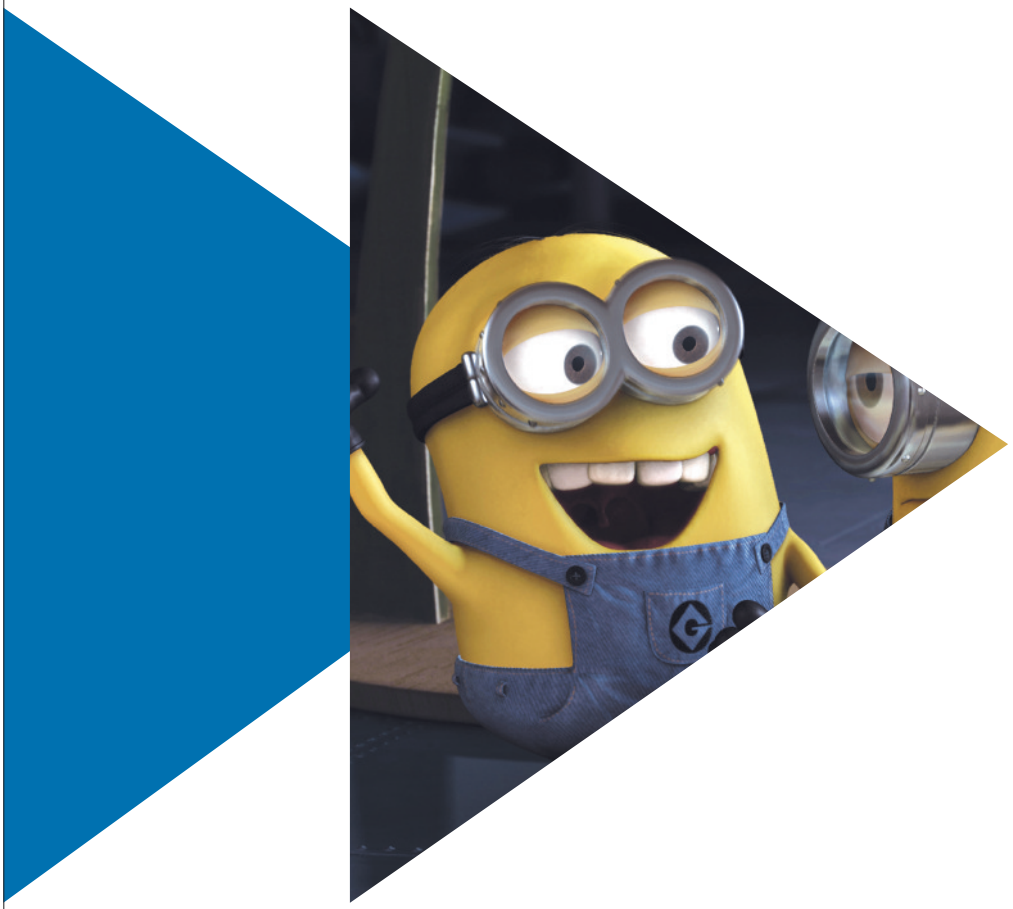

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Miner. Attraction

▶ Fenix 1, one of the three rescue capsules used to save 33 Chilean miners trapped underground last year, stands on display yesterday in the Toronto Convention Centre.

CHRIS YOUNG/THE CANADIAN PRESS

Marking a chapter in Chile's history

One of the rescue capsules built to extract the miners from 700 metres of rock in October made its North American debut in Toronto, displayed at the Prospectors and Developers Association of Canada's international convention. The bullet-shaped pod is on display until tomorrow after which it will go to the Smithsonian Museum in Washington, D.C.

New report slams Ford's transit plan

- Mayor's underground proposal is more costly and shortchanges the suburbs, say critics
- But Ford insists that above-ground rail is a non-starter under his administration

Mayor Rob Ford's transportation plan cheats Toronto's suburbs of their fair share of $8.7 billion in provincial transit funds, according to the Toronto Environmental Alliance.

TEA, which supports an older transit plan, says Ford's underground proposal will mean less transit servicing fewer riders.

Only 217,000 commuters would benefit from light rail under Ford's plan, which is still being considered by Metrolinx, the provincial agency that approves transit funding.

That compares with about 460,000 commuters who could have accessed light rail under the old plan, which Ford has declared dead.

TEA's ridership numbers are based on the population living or working within 500 metres of the proposed light rail lines.

The "compromise" Ford plan, which calls for the entire Eglinton light rail line to be tunneled from Jane St. to the Kennedy subway station, is also more expensive, argues TEA.

Its report, issued yesterday, compares only the light rail covered by the $8.7 billion pledged by the province.

TEA hasn't included ridership on Ford's proposed Sheppard subway extensions or any increase from more buses on Finch Avenue because neither accounts for any of the $8.7 billion in provincial funding.

"There's been a lot of skepticism of the mayor's plan because there isn't a plan yet."
TEA SPOKESMAN JAMIE KIRKPATRICK

The Ford proposal will cost $348 million per kilometre for 25 kilometres of light rail, compared with $167 million per kilometre for the previous 52-kilometre light rail plan, says TEA.

Under the pre-Ford plan, the $8.7 billion would have paid for light rail down the middle of Sheppard and Finch avenues, the conversion of the Scarborough RT to the same light rail technology and about 10 kilometres of light rail underground on Eglinton Ave.

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1 news

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Allan Small on why it's still too early to get overly worried about oil. More at metronews.ca/investing

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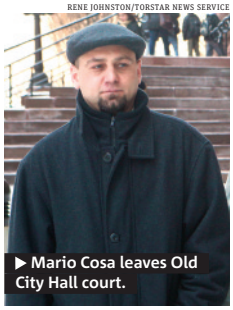
Man's rights were violated, court told

RENE JOHNSTON/TORSTAR NEWS SERVICE



▶ Mario Cosa leaves Old City Hall court.

A Toronto judge is being asked to stay a charge of refusing a breath sample because the accused man was videotaped naked in a police station after being strip-searched. Mario Cosa, 36, shifted uncomfortably yesterday inside a downtown courtroom as he watched the recording of him standing naked and facing the camera surrounded by five Toronto police officers, one a woman.

"Would we be here in this court today if Mr. Cosa was female and the officers outside were all male?" defence lawyer Adam Newman asked Justice Bruce Young. "Somehow it just doesn't seem as bad but ... it is every bit as bad." The prosecution contends that after being strip-searched, Cosa refused to put his clothes back on, leaving officers no choice but to march him naked through the booking room and into the cells. Cosa denies this. Newman concedes his client refused to provide a breath sample after police pulled his vehicle over near Dundas Street West and Ossington Avenue early Feb. 7, 2009.

4/26 **The case resumes April 26, when the Crown is scheduled to deliver its closing submissions.**

Yet Cosa's refusal came after he spent two hours handcuffed to a metal table in a locked interview room at the police traffic services division, where his repeated requests for water went unfulfilled, Newman argued. TORSTAR NEWS SERVICE

Mammoliti tries to strike balance in TCHC scandal

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Giorgio Mammoliti

Yesterday some TCHC tenants urged Ford not to privatize public housing

Councillor and former Toronto Community Housing Corporation board member Giorgio Mammoliti has been endorsing calls for his ex-colleagues to resign in the name of accountability while denying any responsibility of his own.

Some councillors view Mammoliti's position with the same skepticism that greeted his transformation from Rob Ford's arch-nemesis to endorser and ally. Said Anthony Perruzza, who served with Mammoliti on the TCHC board but did not seek board members' resignations: "This would be a Giorgism, right? I don't always get him very clear."

Mammoliti, appointed to the board under Mel Lastman in 2001 and reappointed under David Miller, said yesterday in an interview that his stance was perfectly reasonable. He also said it was incorrect to suggest he had "called" for resignations.

TORSTAR NEWS SERVICE

Defence

- **Record.** In defence of his own record, Giorgio Mammoliti cited efforts he said he made in 2010 to challenge a $25-million no-bid refurbishment contract.
- **Rebuffed.** Mammoliti said he was the one board member who tried to persuade others to reopen the deal for competition. He was rebuffed, he said, by chair David Mitchell.

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TCHC tenants fear privatization

A group of TCHC tenants concerned about Mayor Rob Ford's interest in privatizing public housing has urged city council not to go down that road.

"Privatization is not a cure but an illness," said Munira Abukar, who lives in a five-bedroom Toronto Community Housing unit with her family in Etobicoke.

164,000 **The TCHC houses 164,000 tenants and owns $6 billion worth of housing stock.**

Abukar, 18, who had her first two years of studies at Ryerson University paid for through a scholarship she obtained through Toronto Community Housing, said that without the scholarship her family might not have found the funds to send her to postsecondary studies.

She fears initiatives like her scholarship would disappear if privatization was brought in.

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Dancing. Donnie

▶ Donnie Osmond made a surprise guest appearance on the Marilyn Denis Show yesterday.

HANDOUT

Osmonds bringing variety to T.O.

Donnie Osmond, 53, announced yesterday at a news conference that he and sister Marie are bringing their popular variety show to the city's Four Seasons Centre for the Performing Arts from July 5 to 17.

Meters costing money: Critics

Opposition parties say the smart hydro meter program is gouging people more instead of saving them cash

The $1-billion smart meter program for electricity is costing consumers more, opposition parties charged yesterday.

About 4.5-million smart meters have been installed in homes and small businesses to switch them to time-of-use pricing for electricity and away from the old system based only on total usage. Data from Bowmanville and Toronto show most customers with smart meters are paying more, while only a small number are seeing decreases, said NDP Leader Andrea Horwath. THE CANADIAN PRESS

Increases

- Toronto Hydro figures show 80 per cent of customers had increases averaging $1.50 a month.
- 20 per cent had decreases averaging $3.70 a month.

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Well. Suited

▶ Matthew McConaughey, centre, arrives at the CBC building yesterday to promote his new movie.

TODD GILLIS/FOR METRO

Matt takes us for a ride

Matthew McConaughey stars as an L.A. defence attorney who works out of a Town Car driven by a former client paying off his fee, in the adaptation of Michael Connelly's The Lincoln Lawyer, opening March 18.

Councillors' data quest needs to end: Holyday

'I don't expect to get information I'm not entitled to and I don't see why others do': Deputy mayor

After spending $250,000 in taxpayers' money on legal fees, Deputy Mayor Doug Holyday says it's time to end a bid by city councillors to get access to restricted information about residents.

The battle began back in 2007, when some councillors wanted to be able to use a city database that includes law enforcement investigations, as well as personal and privileged information.

The database stores property-maintenance and building-permit investigations not normally available to individual councillors, as well as names of complainants and information related to investigations and prosecutions.

Councillors seeking broader access were turned down by Ontario's information and privacy commissioner, the city clerk and the city solicitor.

Former councillors Howard Moscoe and Cliff Jenkins pushed the issue, arguing they needed access to do their jobs well. Outside legal opinions were sought from noted municipal lawyers.

In the latest development, the Ontario Superior Court of Justice refused to hear legal arguments, ruling in January that the city should appeal to the information and privacy commissioner.

The issue is up for council discussion this week. Holyday said the city should just cut its losses and drop the matter.

"This whole business is outrageous," he said. "It's awful. We might as well have taken that money and thrown it into Lake Ontario." TORSTAR NEWS SERVICE

TANNIS TOOHEY/TORSTAR NEWS SERVICE

▶ Deputy Mayor Doug Holyday

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RICK MADONIK/TORSTAR NEWS SERVICE

▶ A boy sits on the cannon of a tank stationed at the western gates of Adjabiya, Libya.

Rebels plead for no-fly zone as warplanes strike

Opposition can take on 'the rockets and the tanks, but not Gadhafi's air force', says anti-regime fighter

Repeated airstrikes by Libyan warplanes yesterday illustrated the edge Moammar Gadhafi holds in his fight against rebel forces marching toward the capital: He controls the air.

After pleading from the uprising's leaders, Britain and France began drafting a UN resolution for a no-fly zone in Libya that could balance the scales.

President Barack Obama warned that the U.S. and its NATO allies are still considering military options to stop what he called "unacceptable" violence by Gadhafi's regime.

NATO decided to boost flights of surveillance planes over Libya from 10 to 24 hours a day, the U.S. Ambassador to NATO Ivo Daalder said.

"I want to send a very clear message to those who are around Col. Gadhafi. It is their choice to make how they operate moving forward. And they will be held accountable for whatever violence continues to take place," Obama said during remarks in the Oval Office yesterday.

Libyan warplanes launched multiple airstrikes yesterday on opposition fighters regrouping at the oil port of Ras Lanouf on the Mediterranean coast a day after they were driven back by a heavy government counteroffensive aimed at stopping the rebel drive toward Tripoli, the country's capital and Gadhafi's stronghold.

The opposition controls the entire eastern half of Libya. THE ASSOCIATED PRESS

2%

The fighting in Libya, which produces nearly 2 per cent of the world's oil and delivers most of it to Europe, continues to push oil prices ever higher. Crude prices settled at $105.44 US yesterday.

HOUSE OF COMMONS

Iggy gets dubious honour

Five of the 10 MPs who missed the most votes in the House of Commons over a two-year period are from the Greater Toronto Area, and all of them are Liberals.

Between November 2008 and December 2010, there were 311 votes. According to information supplied by website How'd They Vote, Liberal MPs Michael Ignatieff, Jim Karygiannis, Ruby Dhalla, Gerard Kennedy and Albina Guarnieri were among the worst offenders.

Leading the pack was Ignatieff, the Liberal Party leader and MP for Etobicoke-Lakeshore, who missed 182 votes.

He was followed by Prime Minister Stephen Harper, who missed 142 votes.

A Liberal spokesman says Ignatieff misses votes because he travels a great deal.

TORSTAR NEWS SERVICE

Obama to allow trials at Gitmo: Source

President Barack Obama is approving the resumption of military trials for detainees at the U.S. prison at Guantanamo Bay, Cuba, ending a two-year ban. Obama vowed when he took office to close the facility, but officials have recently acknowledged this is unlikely due to questions about where to hold terror suspects. THE ASSOCIATED PRESS

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NASA/THE ASSOCIATED PRESS

▶ Space shuttle Discovery leaves the International Space Station for the last time yesterday.

It's been a blast

Space shuttle Discovery on its way to Earth after completing its final mission Spacecraft will go on display at Smithsonian Institute

Its decades-long mission accomplished, space shuttle Discovery headed home to retirement after undocking from the International Space Station yesterday for the last time.

On the final leg of its final journey — due to culminate with a touchdown tomorrow — Discovery performed a victory lap around the space station immediately after undocking.

The oldest of NASA's surviving shuttles, Discovery will have racked up nearly 150-million miles by trip's end, accumulated more than 39 missions in nearly 27 years and spent 365 days total in space.

THE ASSOCIATED PRESS

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Scientists criticize alien life claims

NASA and its top scientists are distancing themselves from a space agency researcher who concludes that he found alien bacterial life in meteorites that were collected many decades ago.

Richard Hoover of NASA's Marshall Space Flight Center claims that he found fossils that look like the remnants of bacteria in at least two meteorites. His research paper, published online Friday in the Journal of Cosmology, concludes these must have come from outer space.

Bad science?

Richard Hoover's claims have been denounced by NASA scientists.

- **NASA astrobiologist David Morrison** said Hoover "needs to publish this in a real journal and to respond to criticisms from other scientists. That is the way science advances."

But his claim has been roundly disputed by other scientists.

"There has been no one in the scientific community, certainly no one in the meteorite-analysis community, that has supported these conclusions," said NASA Astrobiology Institute director Carl Pilcher.

THE ASSOCIATED PRESS

Fergie and her prince tied to sex offender

BRET HARTMAN/THE ASSOCIATED PRESS

▶ Sarah Ferguson

Prince Andrew and his ex-wife Sarah were in the spotlight yesterday for their ties to a wealthy U.S. sex offender — he for being pictured with an underage masseuse at the man's home and she for accepting money from the American to help pay off her massive debts.

Andrew's ex-wife, Sarah, Duchess of York, confirmed in an interview yesterday in the Evening Standard newspaper that she did receive financial help from convicted U.S. sex offender Jeffrey Epstein. But she claimed to have known nothing about his background and vowed to repay the 15,000 pounds ($24,500 US) he advanced to settle a debt to her former personal assistant, Johnny O'Sullivan.

"I am just so contrite I cannot say," the duchess was quoted as saying. "Whenever I can I will repay the money and will have nothing ever to do with Jeffrey Epstein ever again."

The payment was handled through Andrew's office, the duchess said, and she wasn't directly involved.

There was no immediate comment from Andrew's office.

Over the weekend, British newspapers carried photographs of Andrew with his arm around a young woman who now claims to be one of Epstein's underage victims. There has been no suggestion, however, that Andrew was involved in inappropriate relationships with underage women.

THE ASSOCIATED PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Green party Leader Elizabeth May unveils an attack ad on attack ads at a press conference in Ottawa yesterday.

Attack on attack ads

- Green party launches campaign against negative political advertising
- 30-second television spot a response to recent Conservative promotions

The Green party is going on the attack — against attack ads.

Party Leader Elizabeth May has unveiled a 30-second spot that spoofs political attack ads, complete with a militaristic drum roll and ominous voiceover.

"Tired of the name-calling? Smear campaigns? Mudslinging? Are you disgusted with the state of Canadian politics?" the narrator intones. "This does not represent our Canada. It doesn't have to be like this."

May told a news conference yesterday that the ad is meant to encourage people to reject negative political advertising.

THE CANADIAN PRESS

Advocates want youth crime law left alone

Changes

- The youth advocates say changes also include the likelihood of lifting the ban on publication of a youth's name and broadening pre-sentence detention.
- They say that would threaten treatment plans aimed at reintegrating youth into their communities as productive citizens.

Child advocates across Canada are in Ottawa to call on the federal government to stop its plans to change a law governing youth crimes.

The Canadian Council of Child and Youth Advocates says there's no evidence to show that Bill C-4 will reduce youth crime.

Mary Ellen Turpel-Lafond, the council's president, says locking up more youth and handing out adult sentences is not the answer.

Proposed amendments to the Youth Criminal Justice Act are also being criticized by the Canadian Bar Association and other groups who say many youth behind bars need treatment for a mental illness.

THE CANADIAN PRESS

All-day program hanging on election

600 The program, which the Liberals promised during the 2007 election, was launched last September in about 600 schools.

The future of Ontario's fledgling all-day kindergarten program will be determined in the October election.

As the signature policy of Liberal Premier Dalton McGuinty's second term is slowly phased in across the province, the opposition Progressive Conservatives are refusing to commit to its full implementation.

Tory Leader Tim Hudak said yesterday that expanding full-day learning for four and five-year-olds throughout Ontario is "going to be contingent on the finances that are left behind." TORSTAR NEWS SERVICE

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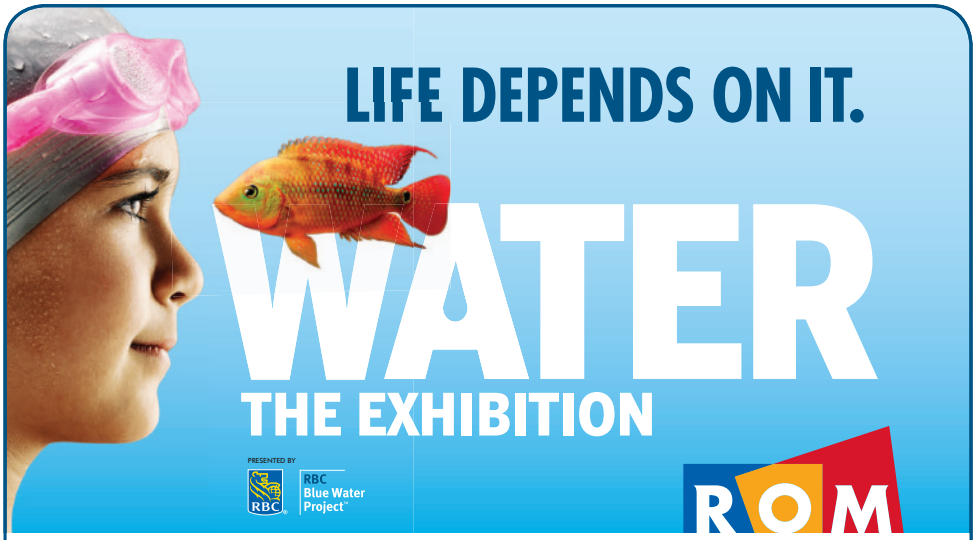

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Water is organized by the American Museum of Natural History, New York, and the Science Museum of Minnesota, St. Paul, in collaboration with the Royal Ontario Museum, Toronto, Canada; Great Lakes Science Center, Cleveland; The Field Museum, Chicago; Instituto Sangari, São Paulo, Brazil; National Museum of Australia, Canberra; San Diego Natural History Museum; and Science Centre Singapore with PUB Singapore.

Offer valid from March 5 to September 5, 2011, for any online purchase of any ticket type or one-year family membership. Not valid on Friday nights after 4:30 pm. For online purchases, go to the "Buy Tickets" or "Become a Member" area of www.rom.on.ca/water and enter promo code GO2WATER. Applicable to new members only. Cannot be combined with any other offers. Principal photography © Daniel Ehrenworth.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 160.42 (14,092.35)	– 0.12¢ (102.79¢ US)

Oil	Natural gas
+ $1.02 US ($105.44 US)	1,000 cu ft $3.927 US (+ 11.8¢ US) Gold contracts $1,434.50 US (+ $5.90)

Hotlines buzzing over Agent Orange

Close to 650 calls have flooded provincial hotlines in the wake of recent revelations that Agent Orange was used in Ontario for more than three decades.

The hotlines were set up after the province confirmed about two weeks ago that a chemical mixture linked to certain types of cancer was sprayed along Ontario highways, in transmission corridors and on Crown land during the 1950s, '60s and '70s.

A government-appointed internal probe will investigate the use of the toxic herbicide. The province says it will also create an independent panel to investigate the use of 2,4,5-T, a dioxin-laced component of Agent Orange that was approved for use in Canada until 1985.

THE CANADIAN PRESS

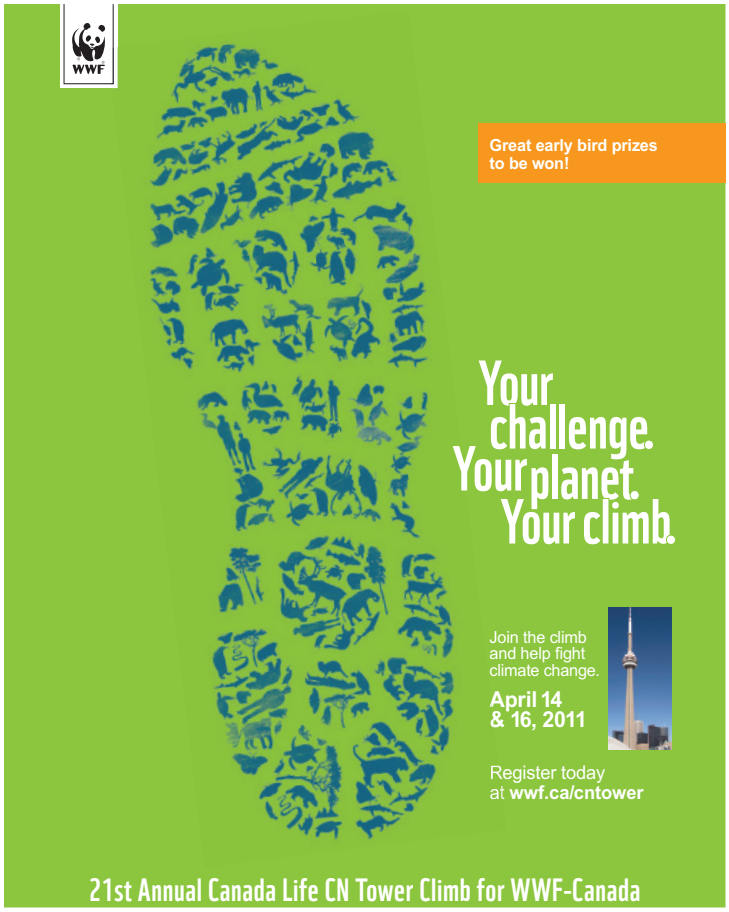
Dolce. Vita

▶ A woman ogles the wares yesterday in a Bulgari shop window in Rome.

PIER PAOLO CITO/THE ASSOCIATED PRESS

A jewel in the crown for LVMH

French fashion colossus LVMH Moet Hennessy Louis Vuitton, the Paris-based holding company behind luxury Christian Dior gowns, Dom Perignon champagne and Guerlain perfume, announced yesterday that it is buying Rome-based jeweller Bulgari SpA in a cash-and-shares deal worth $6 billion US.



Slowing trend in housing continues

The number of new homes this year will decline to about 170,000 from last year's 192,000: CIBC forecast

Canada's housing market is continuing to moderate, and that may be a good thing, say economists.

Analysts are expecting soft news for housing this week with the release of the latest Statistics Canada data on housing starts and new home prices, both expected to show a flat or declining trendline.

But economists say a downward adjustment is necessary because "it puts Canada's housing market on a more sustainable path," said Krishen Rangasamy, an analyst with CIBC World Markets. That means housing prices and affordability ratios that are in line with income growth, not above.

After a strong rebound that began even before the recession was declared over, housing has been the bedrock on which Canada's recovery has depended, particularly in the private sector. But growth in the sector began flattening last spring and has been mixed ever since.

While housing may be a drag on economic growth this year, economist Gorica Djeric of Scotia Capital says she sees no evidence of a crash looming.

And the economy can cope with a modest housing downturn, she says, since the recovery is finding new triggers of growth, particularly exports and business investment. THE CANADIAN PRESS

Home truths

- The value of **building permits** issued by municipalities — a forerunner of construction activity — fell sharply in January by 5.1 per cent to $5.4 billion.
- Much of the decline occurred in the **non-residential sector**, which fell for the third straight month to $1.7 billion, down 13.3 per cent.
- **Home building permits** dropped 0.9 per cent to $3.7 billion after a strong December.

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SEVEN HABITS OF THE HOPELESSLY SINGLE

She says ...

JESSICA NAPIER

At first it was fun being the token single pal, recounting your hilarious dating adventures for your boring coupled-up friends.

But after a while the drama gets tiring and now that everybody is settling down you're starting to wonder — why am I still single?

Now you're one more disastrous date away from retiring your heels and giving up for good. But before you slip into a bathrobe and adopt a family of stray cats think about what you might be doing to inadvertently sabotage your love life.

You jump into bed right away: Sexual chemistry is an important part of any relationship, but doing the deed too soon doesn't give you a chance to learn each other's last names let alone your hopes and dreams. If you're looking for a relationship that extends beyond the bedroom, try getting to know each other before getting undressed.

You're still in love with your ex: Stop comparing everyone to "the one that got away" and remember: it didn't work out for a reason. Delete phone numbers, cease all e-stalking activity and move on.

You're too nice: Being perpetually agreeable is both boring and a major turn-off. Dial back your desperation for approval and don't be afraid to be opinionated.

"If your opinion on last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date."

Your routine has left you in a rut: Every day you take the same bus to the same office and then have drinks with the same friends at the same bar and then go home to the same bed ... alone. Do you see where I'm going with this?

You're a stage-five clinger: Is playing it cool a foreign concept to you? If you follow up a first date with a phone call, a text message, an email, another phone call and an enthusiastic Facebook status update, you're probably scaring away potential suitors.

You're really into reality TV: Or postmodern feminist literature or Farmville. A unique passion makes you interesting; it can also mean you have a one-dimensional personality. If your opinion on last night's episode of Jersey Shore is the only thing you have to contribute to the conversation, don't be too surprised if there's no second date.

You're shallow: High standards are fine; a long checklist of unrealistic expectations is outrageous. Focusing on the superficial not only makes you a jerk, it means you'll miss out on a potential romance just because he or she isn't tall enough, blond enough, rich, etc. Remember: no one is perfect. Not even you.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Concern over contraband

Letters & Tweets

TORONTO. The McGuinty government's decision to shelve tougher anti-crime contraband tobacco legislation is surely being celebrated by organized-crime groups throughout the province.

Ontario, the province that has done the least to combat contraband, but has the worst contraband problem, seems to be content to live with a situation in which 175 organized-crime groups continue to profit by selling illegal cigarettes — often to kids.

In late 2010, the Centre for Addiction and Mental Health revealed that contraband tobacco accounts for 43 per cent of all cigarettes consumed by Ontario high school daily smokers in Grades 9 to 12. A clear sign these cheap illegal cigarettes are undermining the government's efforts to reduce youth smoking.

The same criminal groups involved in this trade are also using profits they earn from selling contraband tobacco to fund other serious criminal activities like trafficking in guns and drugs.

Despite the complexity of the problem, other provincial governments have passed legislation to fight contraband tobacco. In particular, Quebec's Bill 59 increased penalties and enforcement powers.

GARY GRANT, NATIONAL COALITION AGAINST CONTRABAND TOBACCO

McGuinty's controversial choice

RANDY RISLING/TORSTAR NEWS SERVICE

Is Charlie Sheen acting like this for publicity?

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Metro Minute at the Loop Gallery

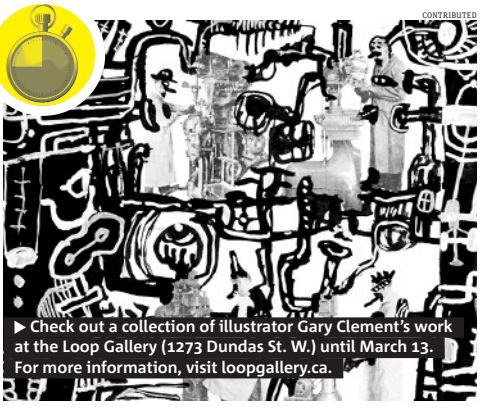
They may not get the same attention as sculptors or painters, but, hey, political cartoonists are artists, too.

Think about it. How long did Michelangelo take to complete the Sistine Chapel? That's right: four whole years. Well, illustrator Gary Clement has to put a new cartoon in the paper every single day — and it has to be clever. OK, the chapel might have been a little more labour-intensive, but you see where we're going.

Now you can skip the newsprint and go straight to the wall. Clement's show, Dark Energy, features a series of fascinating conceptual motifs and runs until March 13 at the west-end Loop Gallery.

JORDANA DIVON

CONTRIBUTED



▶ Check out a collection of illustrator Gary Clement's work at the Loop Gallery (1273 Dundas St. W.) until March 13. For more information, visit loopgallery.ca.

Eckhart stays true to the marine spirit

Battle: Los Angeles star took the U.S. marine's motto Semper Fidelis (always faithful) to heart, as he never broke character during shooting of the movie even after breaking his arm

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

▶ Aaron Eckhart stars as U.S. marine Staff Sgt. Michael Nantz in the alien invasion film Battle: Los Angeles, which opens this Friday.

Battle: Los Angeles may seem like a big-budget popcorn movie, but star Aaron Eckhart wasn't about to approach it that way.

"If I'm going to do a sci-fi movie, I want it to be real," Eckhart says. "I want it to be believable, like documentary filmmaking. I want you to think you're at war. And I thought the only way to do that was to be in character."

He's not exaggerating. According to Eckhart — and corroborated by his co-stars — the Dark Knight and Thank You for Smoking star stayed in character as U.S. marine Staff Sgt. Michael Nantz throughout filming. "For example, I broke my arm making the movie and didn't stop filming, and didn't tell those guys," he says. "Never gave them an excuse to wimp out, to cry, because that's not what marines do."

Eckhart admits such an intense working style isn't for everyone — and didn't win him a ton of friends.

"These guys probably hated my guts because I was in character all the time, 100 per cent," he says. "I gave everything to this movie — probably to my social detriment. But I didn't care about that. All I cared about was this movie. It meant so much to me." It's a working style that he prefers. "If I can, I'd always stay in character. It's just easier that way. That doesn't mean you can't laugh and have good times, because every character has all those facets of his personality."

Eckhart even kept at it during the film's pre-shoot boot camp. "I didn't let them get too close to me, and I busted them down," he says of his young co-stars. "I put them through their paces and made them hurt."

Now that Eckhart has had a taste of big-budget popcorn fun, is he ready for more?

"No, no. But I would like to make a sequel to this movie," he says.

Still, Eckhart might be taking a break from smaller films like Rabbit Hole and Love Happens for the time-being, thanks to his Battle: Los Angeles experience.

"I'd like to make a western, that would be good," he says.

"You know, a hard-core western like this, where it's real real. Anything where it's real. I wish I had been in Black Hawk Down, or Apocalypse Now. I don't want to be in wimpier movies."

DVD Releases this week

Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Doc doesn't pull punches

Inside Job
Genre: Documentary
Director: Charles Ferguson
●●●●

The cost to date of the 2008 money meltdown is more than $20 trillion worldwide, with millions of people losing their jobs and homes. The end is still far from sight, but thanks to Charles Ferguson, a filmmaker and journalist par excellence, the beginning is now much more in focus.

Inside Job, the recent Oscar winner for Best Documentary Feature, is Ferguson's masterful account of the roots of this sorry affair. It names names, points fingers and takes no prisoners in its scathing dissection of what Ferguson persuasively calls "a completely avoidable crisis" — one sparked by the greed and malfeasance of financial cowboys and their stooges in politics and academia.

Where other films have played the Great Recession for bitter laughs (Michael Moore's Capitalism: A Love Story) or overripe drama (Oliver Stone's Wall Street 2: Money Never Sleeps), Inside Job approaches the topic as both a detective story and a history lesson.

PETER HOWELL

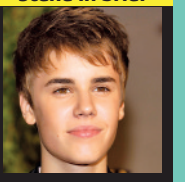
Morning Glory
Genre: Comedy
Director: Roger Michell
Stars: Rachel McAdams, Harrison Ford and Diane Keaton
●●½

It doesn't pay to have a good memory or high standards when appraising this fitfully amusing broadcast satire that unfortunately invites comparisons to sharper times and pens. Morning Glory can only approximate those successes — even though Rachel McAdams would make an excellent Mary Richards, Harrison Ford a decent Lou Grant and Diane Keaton an intriguing hybrid of Ted Baxter and Sue Ann Nivens.

PETER HOWELL

2 scene

Scene in brief



Justin Bieber is getting a pair of his shoes enshrined at the Bata Shoe Museum in Toronto.

The Stratford, Ont., native's shoes will be on display in the museum's main space next week, during March Break.

After that, the 17-year-old pop star's shoes will be exhibited in the celebrity gallery, alongside footwear from other Juno Award-winners.

THE CANADIAN PRESS

Is too much Sheen harmful — for Sheen? Critics and psychologists weigh in. Scan or visit metronews.ca for story.

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PAUL KANE/GETTY IMAGES

George Michael

No more 'faith'? Michael dumped by partner: Report

George Michael's troubles never end.

The 47-year-old former Wham! singer, who's been convicted of drunk driving more than a few times, and has called himself "the poster boy for cannabis," has been left by his longtime boyfriend, Kenny Goss, 51, according to the U.K.'s The Sun.

"The writing has been on the wall for some time," a source told the newspaper.

"There are only so many second chances Kenny was prepared to give. He's been loyal to George from Day 1, but that hasn't always been reciprocated."

METRO

Sheen gets the axe

Embattled actor fired from Two and a Half Men

Charlie Sheen was fired yesterday from Two and a Half Men by Warner Bros. Television following repeated misbehaviour and weeks of the actor's angry, often-manic media campaign against his studio bosses.

The action was taken after "careful consideration" and is effective immediately, the studio said in a statement. No decision has been made on the show's future without its star, said Paul McGuire, a Warner spokesman.

The actor, who has used TV, radio and social media to create a big megaphone for himself, was not silent for long.

In a text to The Associated Press, Sheen responded, with the F-word and "They lose," followed by the word "Trolls."

Asked if he planned to sue, Sheen texted back, "Big." As for his next move, Sheen texted, "A big one."

THE ASSOCIATED PRESS

Celebrity tweets

Rihanna
[@rihanna]
Sydney, u rock so hard! SO much FUN 2nt...U wore me out!! Now I gotta muster up some energy 2 go flash my tits for beads.

Adam Levine
[@adamlevine] This new song of ours is insane. Bananas. Gangbusters. Ghost Busters

P. Diddy
[@iamdiddy]
Logic will get you from A to B. Imagination will take you everywhere. — Albert Einstein

Conan O'Brien
[@ConanOBrien]
If Charlie Sheen follows me, I win. **(Update)** It's official:@charliesheen is following me on Twitter, so I win. Charlie, I'm sending over a van to collect the goddesses.

METRO

Equality fight not over

Women of Canada have made large strides and great accomplishments, but gender differences are still 'huge' Unequal wages, sexual violence and the glass ceiling still problems

International Women's Day

As we mark International Women's Day, it's only natural the names of our own female heroes spring to mind.

First big shout should go out to Canada's eternal feminist: Manitoba's Nellie McClung fought hard to enshrine women, getting them legally recognized in 1929 as "persons," an elevation in status that meant women gained rights similar to those of men.

The battle's not over though. Even some 80 years later, things are far from 50-50, according to University of British Columbia professor Mary Bryson. A wide gender gap still exists with respect to wages, the representation of women in board rooms and with women being the predominant victims of sexual violence, she says.

DANIEL HAYDUK/THE CANADIAN PRESS

▶ Nancy Greene, who won a gold and silver medal at the 1968 Winter Olympics, seen here as part of the 2010 Olympic torch relay is just one of many great Canadian women.

"Many Canadians feel we've eradicated gender difference and that's far from the case," says Bryson, who teaches gender and sexuality studies. "The differences are still huge."

Of course, it's vital that we continue to wave the equality banner, says Bryson, and salute those female champions who paved the road before us. Here are a few:

- Agnes Macphail, first woman to sit in the House of Commons.
- Senator Anne Cools, the first person of colour appointed to the Canadian Senate (1984).
- Pauline Johnson, first native poet to have her work published.
- Nancy Greene, champion alpine skier.
- Dr. Elizabeth Bagshaw, one of Canada's first doctors and women's health advocates.
- Lucy Maud Montgomery, author of Anne of Green Gables.
- Kenojuak Ashevak, pioneer of modern Inuit art.
- Michaëlle Jean, Canadian journalist and 27th Governor General of Canada.
- Roberta Bondar, first Canadian woman in space.
- Sue Johanson, sex educator. THE CANADIAN PRESS

60 seconds

▶ To learn more, visit plancanada.ca/Get-girls-involved.

SOPHIE GRÉGOIRE-TRUDEAU

"THERE'S STILL WORK TO DO"

The eTalk reporter has teamed up with Plan Canada's Because I am a Girl campaign to raise awareness about female issues both here and around the globe.

What does this particular cause mean to you?

When you look at the most disadvantaged people, the poorest people on this planet, you're looking at women and children. Anything that has to do with women's causes is close to my heart, so when Because I'm a Girl came to me, it was just a total fit. I thought the work they were doing was incredible, not only on an international level, but how they're reaching out to millions of girls here in our own country.

If you could change one thing about the state of women and girls around the world, what would it be?

I would say, equality and justice. It's difficult to believe that women are still violated, humiliated, forced into sex trades, beaten, burned with acid for one single reason: because they're women. It gives me a heartache and it's absolutely unacceptable.

What do you see as Canada's unique role in the betterment of women's lives?

There's still work to do, but we're so blessed here. When we have the means to become agents of change — and I truly believe that it takes one person to start a contagious cycle of help and positive energy — I believe that here we have everything we can use to extend the help, to extend awareness.

Where do we still fall short?

Still on the wages (in the workplace). If you read the studies we're still not there. Aboriginal issues here are also huge for women. It's going to be a continuing battle, but I do think there is hope and that hope is in young girls and boys.

JORDANA DIVON

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3 life

Quoted

"If I had stayed in South Africa, I'd probably have become a victim, too. Everybody can, and so can their mother and sister. But that's not the reason I'm involved ... I just feel very strongly about my country's rape crisis."

ACTRESS AND UN AMBASSADOR CHARLIZE THERON ON RAPE IN HER HOMELAND AND HOW MORE ATTENTION NEEDS TO BE PAID TO STOPPING THE CRISIS

"When I see rape victims proud and happy again I know that my work matters."

Scan this code to learn about a group called The Elders which is trying to stop child marriages.

DENTAL IMPLANT PATIENTS SOUGHT

University of Toronto Clinical Facility, Continuing Education Program is seeking patients requiring replacement of one or two lost teeth only with "dental implants" in an ongoing investigation on patient satisfaction and improvement of quality of life study. Very reasonable fees. Non-smokers only.

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Nature of things

Exercising outdoors linked to reducing stress levels

CELIA MILNE
LIFE@METRONEWS.CA

Just do it — outdoors.

Now that the weather is warming up, why not take your workout outside. Exercising in nature is super good for you, according to studies that are sprouting up all over the world.

"Nature-based exercise may provide a greater buffer against stress and an opportunity for contemplation in an overly distracted world," says Dr. Alan Logan (ND), who is currently writing a book on the topic.

"Compared to the treadmill, research shows exercise in the outdoors, particularly in green space, can provide a mental edge. Studies have found lower levels of the stress hormone cortisol, an increase in positive thoughts and overall feelings of rejuvenation in favour of outdoor exercise," says Logan, who trained as a naturopath in Toronto and now lives in Connecticut.

The latest study to hit medical journals is from the United Kingdom. Reviewers at the Peninsula College of Medicine and Dentistry at the University of Exeter collected data from 11 trials involving 833 people.

They assessed how subjects felt after exercising indoors versus outdoors.

They concluded that exercising in nature gave people a greater feeling of revitalization and positive energy, as well as decreases in tension, confusion, anger and depression.

Their review was published in the journal Environmental Science and Technology on Feb. 4, 2011.

Studies in Japan have also found benefits of exercising outside in green spaces.

Trees emit chemicals called phytoncides, which act as de-stressors.

In a Japanese study, people who went into the country for "forest-bathing" had lower blood pressure than those who went to a city for the day.

Another Japanese study found that walking in the forest reduced glucose levels in people who already have diabetes.

ISTOCK

▶ Active or inactive; which group are you in? Unfortunately, a majority of us are in the latter group. More than half of Canadian adults are considered inactive, according to ParticipACTION.

Thoughts on... self renewal

ADVICE. Due to our busy lives we often avoid scheduling blocks of planned fun or down time. It's hard to think clearly and function productively in the midst of a whirlwind of activity.

Once in a while, we just have to break the routine. Self-renewal and constructive rest is a necessity, not a luxury.

Take time out for regular self renewal retreats, a time to be quiet, to think and relax (without the constant interference of TV, telephone, Internet), and engage in activities that help to reset your inner rhythms.

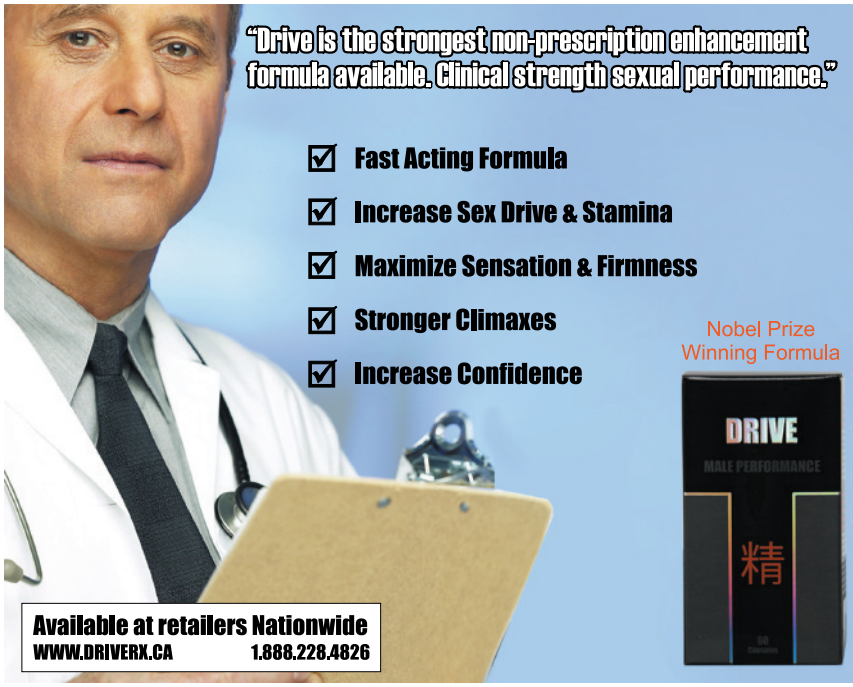
Most of us live by rhythms that are not our own. To reconnect and restore the natural ebb and flow of your being results in a greater sense of happiness and wellbeing.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBUTOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Walking

Walkers weigh less than sedentary people.

Study A recent five-year study in Australia has found that people who walked more were not only likely to have a lower BMI, but were also at lower risk for developing Type 2 diabetes.



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LivRelief™ A Natural Evolution In Pain Relief

EVERY YEAR MILLIONS OF CANADIANS ARE IN PAIN

This agonizing statistic is on the rise, with the age of affl iction getting younger and younger. As a result far too many people are over medicating, unable to tolerate ingestible remedies. Many more get secondary health conditions as a result of attempting to manage their pain. However, there is a different form of relief - thanks to Dr. J. Gabriele, a Molecular Pharmacologist, who is a research scientist at McMaster University and his team who have developed a **unique, evidence-based transdermal (through the skin) delivery system** called **delivra™** that transports natural therapeutic medicinals deep into the skin's dermis that produces strong therapeuic effects. This new skin delivery system represents a new level of transdermal healing, encouraging both pharma-based and natural organic remedies to be transported, to ailing sites in deep-lying muscular tissues and joints, thereby avoiding drug conflicts and side effects.

LivRelief™ Pain Relief Cream utilizes **delivra™** and is making history in the therapeutic pain relief category. **LivRelief™ Pain Relief Cream is clinically proven to reduce pain and inflammation more effectively than the leading topical brand by blocking 5 key pain pathways.** Others brands just block one, two or no pathways at all. An independent laboratory has conclusively shown penetration studies proving that it is **6 times stronger** than the leading brand. LivRelief™ is derived of natural ingredients and **does not contain Menthol, or any other unpleasant scents** that need to be washed off after every use. It does not contain any synthetic drugs, therefore can be bought over the counter. It is **paraben-free, sodium laurel sulfate-free** and has not been tested on animals. Unlike pills that pass through major organs and can cause stomach upset, cardiovascular problems and a host of other health issues, **LivRelief™ Pain Relief Cream** delivers fast, effective relief through the skin, directly to the painful muscle or joint.

CLINICALLY PROVEN IN SCIENTIFIC TRIALS AND APPROVED BY HEALTH CANADA

Scientists have expressed a passion regarding this new delivery system. Initial results have been both compelling and remarkable; clearly showing **significant pain relief with LivRelief™ Pain Relief Cream** at the local level. Clinical testing of **LivRelief™ Pain Relief Cream** has yielded impressive results. A double-blind crossover study, conducted in mid-2009, shows that after six weeks of using the **LivRelief™ Pain Relief Cream with delivra™, 70 sufferers found their pain reduced by half, and their mobility and quality of life enhanced by more than 59%.**

Practitioners are now using LivRelief™ in their practice.

START THE MOVEMENT! PROFESSIONALS ARE SWITCHING, YOU SHOULD TOO.

LivRelief™ Pain Relief Cream is being used in numerous **chiropractic, physiotherapy, massage and naturopathic clinics** with significant results. In fact, many of the clinicians are using LivRelief™ Pain cream as part of their treatment protocol to get enhanced results for their patients. **LivRelief™ Pain Cream is clinically proven**, and the only Pain relief product to be **approved by Health Canada** using the natural biofl avonoid Rutin.

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LivRelief™ Pain Relief Cream is available at most fine HEALTH FOOD STORES and SELECT PHARMACIES or for a store locator please visit:

www.livrelief.com

One more tip

Try some hot, spicy herbs. They promote increased circulation throughout the body

- **Cayenne** Try filling a pair of salt and pepper shakers with tumeric and cayenne, and begin adding to salads, soups, pastas and stir-frys. Use sparingly at first until you have acquired a taste for them — then apply liberally to all your foods. Avoid using if you suspect you may have an ulcer.

Let the detox season begin

Four tips to safely flush any toxins from your body

DAILY SQUEEZE

DR. ODESSA GILL
DR. GILL IS A NATUROPATHIC DOCTOR AND CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Patients ask me all the time whether they should undergo a detox. My easy answer is yes.

Today, more than ever, we are exposed to thousands of toxins in our environment. How can you tell if your body needs a cleaning? Symptoms such as indigestion, bloating, frequent headaches or a lack of energy are signs.

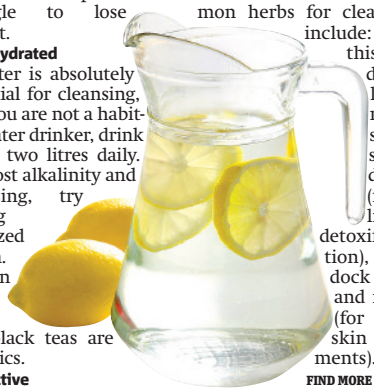
Here are my Top 4 tips for safe and effective detoxification.

Clean up your diet

Try keeping a journal for a week to get an accurate sense of what you're eating. If your diet includes processed foods (white flour, sugar, hydrogenated fats or corn syrup sweetener), chances are you feel lethargic by mid-afternoon, short on brain-power and struggle to lose weight.

Keep hydrated

Water is absolutely essential for cleansing, so if you are not a habitual water drinker, drink 1.5 to two litres daily. To boost alkalinity and cleansing, try adding squeezed lemon. Keep in mind coffee and black teas are diuretics.



Stay active

Aim for at least 30 minutes of movement per day. Whether it is walking the dog or vacuuming, any consistent activity will help increase circulation and remove toxins.

Try some cleansing teas

A few of the most common herbs for cleansing include: milk thistle, dandelion root, schisandra (for liver detoxification), burdock root and nettle (for any skin ailments).

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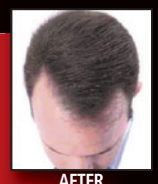
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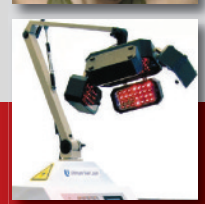

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Revolutionizing chains one great dish at a time

Earls is redefining how we think about franchise food and service

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

STEPHANIE DICKISON

Los Cabos Chicken Tacos and salad.

Earls is a chain restaurant from the west coast, and this new location on King is Toronto's first.

If only all chains were this serious about the quality of food and service.

The Clam Chowder ($7) is reminiscent of summers in Cape Cod, with fresh fish, bacon and potato.

Los Cabos Chicken Tacos ($13) nestles soft poached chicken, melted cheese, zesty avocado corn salsa, shredded lettuce and cabbage, and honey lime dressing into two white corn tortillas. The salad's (add $1) soft lettuce leaves contrast nicely with crisp matchsticked apple, candied pecans and apple cider vinaigrette.

Along with the superb food, it was our server, Drew, who made the meal.

He regaled us with stories, told us the history of San Marzano tomatoes and made us feel right at home.

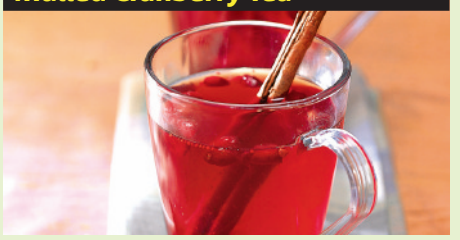
A chain this may be, but it sure doesn't feel like one.

Thank goodness.

Earls
150 King St. W. Suite 100
416-916-0227
earls.ca
Reservations: Yes
Rating: 5 out of 5

CANADIAN PRESS HO

Mulled Cranberry Tea



EMILY RICHARDS
FOOD@METRONEWS. CA

Crock-Pot.com recommends using your slow cooker to simmer this delicious, nutritious and warming beverage.

Preparation:

1. In slow cooker crock pot combine juice, water, tea bags, cranberries, if using, sugar, lemon, cloves and cinnamon sticks. Cover and cook on low for 3 to 5 hours.
2. Ladle into mugs and garnish with lemon slices and cinnamon sticks.

THE CANADIAN PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 6 cups (1.5 L) cranberry juice
- 1 cup (250 mL) boiling water
- 2 tea bags
- 1/2 cup (125 mL) dried cranberries (optional)
- 1/3 cup (75 mL) sugar
- 1 large lemon, cut into 1/4-inch (5 mm) slices
- 6 whole cloves
- 4 cinnamon sticks
- Thin lemon slices and cinnamon sticks

▶ Kimberley & Faron

PERSISTENCE WINS IN THE END

Names: Kimberley, 31, and Faron, 38

Current city: Youbou, B.C.

Together since: 2004

Their story:

I (Kimberley) was working at a paint store as a colour consultant, and Faron came in asking about colours.

When I went to his house to help him pick his palette, he picked me up!

I must have turned down lunch, dinner and drinks at least five times, but he kept showing up at my work every day with coffees for me and my staff. I finally agreed to go out with him, and nine months later we moved into the house that we had designed together.

Somehow, all of my stuff fit perfectly. Coincidence? I don't think so!"

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CARE-ing for women's rights

International Women's Day

With this year marking the 100th anniversary of International Women's Day, it's a nice time to reflect on the current state of gender equality.

Over the past century, women have overcome many challenges to achieve political, economic and social advance. Yet, there are still places where a person's gender affects their chances of reaching their full potential.

"The advancement women have made over the past 100 years is inspirational," said Kevin McCort, president and CEO of CARE Canada. "But let us not be complacent — the challenges women and men face today in reaching true gender equality should not take another 100 years to overcome."

CARE works directly with women and men around the world who struggle daily against the underlying social, cultural and political drivers of sexual violence and gender inequality.

"Canada should be a leader in supporting UN Women, the new UN institutions dedicated to the advancement of women" said Louise Fréchette, former deputy secretary general of the UN and CARE Canada Board Director.

"We need clear, decisive and urgent action. There is too much at stake."

METRO

IGNORE YOUR MOTHER-IN-LAW ON THIS ONE

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM

TWITTER: @SMUGMARRIEDS

I've been married for more than a year and I kept my last name. My mother-in-law keeps dropping subtle comments about a name change. I'm only worried this will get worse once we decide to have children. What can I do?

Angela says ...
I kept my last name too and have been surprised at how many people just assumed I'd changed it. It's a personal choice. Do what feels right to you and your beloved. Maybe your mother-in-law is questioning your commitment to her family?

Derek says...
Sometimes in life you simply have to ignore other people. This is one of those times.

Teach the toddlers well

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Financial literacy is the flavour of the month. The federal government's task force on the subject recently released a report full of common sense recommendations. But, so far, there is little money on the table for action.

Fortunately, one bank is ahead of the implementation game. Last week BMO launched a website to help parents raise financially literate children. Called SmartSteps for Parents (bmo.com/smartparents), it's chock-a-block with tips, tools and techniques to engage kids, answer parental questions and even entertain with a series of reality-style webisodes showing real families dealing with money dilemmas.

Disclosure: I am consulting expert to the initiative. Allying myself with a financial services firm is something I've avoided because my job is to analyze and inform, which can conflict with the business of money.

But I've always been an advocate for financial literacy. The lack of it among the young is one of the most serious issues facing our nation. So, I was delighted when BMO asked me to consult on SmartSteps for Parents.

On the site I'm teamed with psychotherapist and parenting expert Alyson Schafer, author of many best selling books. Schafer's straightforward advice provides plenty of outside-the-box ideas for parents.

What I particularly like about the site is its practicality. Rather than a lot of theories, the focus is on a step-by-step approach to foster financial know-how. The articles, interactive tools and games address key money issues for separate age groups ranging from ages five to 15. You'll also find:

Expert Blogs: Parents can interact with myself, Alyson Schafer and other parents who are often a valuable source of information.

The Zone: A place where tweens and teens can engage in activities including online games.

Web Series: See real parents relate their own experiences teaching their children the basics of money. Schafer and I provide commentary and tips.

Check out the website. I'd love your feedback, which I'll pass on to improve the site as it grows.

ISTOCK

▶ Many young Canadians today are growing up with a minimal understanding of finance, which may lead to serious issues in the future.

Money matters

- 54% of parents have talked with their children about household finances.
- 37% of parents aren't sure if their children have a grasp of money management basics.

Source: Leger Marketing

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

TOP TAX QUESTIONS

If you haven't filed your taxes in a long time, get on it! By law, you must file a yearly tax return. If you don't know how, hire someone. Better yet, hire a professional to ensure you're filing correctly and capturing all relevant taxable activities and tax-saving opportunities.

What if I'm missing a form? By law your tax forms, which are generated by your employer, bank or another issuing firm, must be filed with Canada Revenue Agency, so rest assured that your forms DO exist. You can request a replacement T4 or other tax slip by contacting the issuing agency.

Do I have to file a joint tax return? Taxes are filed on an individual basis in Canada. But, if you're married or living common-law (for federal tax purposes, you're considered common-law after living together for 12 months) you must claim your marital status because your tax benefits are calculated based on total household income.

What can I write off? If you are self-employed, you're allowed to claim some business expenses against your income. If you're not self-employed, it's unlikely you can write off employment related expenses. Research what you can claim or hire an expert. Keep ALL your receipts and documentation in case you're audited.

What if I made a mistake? If you've already filed your return, but discover an error (or if a new tax slip arrives late), you can submit a T1 Adjustment to the CRA.

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦♦Offer applies to most new or demonstrator 2011 GM vehicles, excluding PDJ Trucks and Camaro Convertible, delivered between February 1 and May 2, 2011 at participating dealers in Canada. Dealer order or trade may be required. Retail customers will receive up to $1,000 (tax exclusive) (Cruze LS-1SB is eligible for $1,000 all other Cruze models and Aveo will receive $500), to be used towards the purchase of genuine GM Accessories and Options. Installation not included. Alternatively, the $1,000 manufacturer-to-dealer Customize Your Ride Event credit (tax exclusive) ($500 for Chevrolet Cruze and Aveo) may be applied to the vehicle purchase price. This offer may not be combined with certain other consumer incentives. *Offer applies to the purchase of 2011 Chevrolet Cruze LS+ R7B. ‡Variable rate financing for 84 months on 2011 Chevrolet Cruze LS+ R7B on approved credit. Bi-weekly payment and variable rate shown based on current TD Bank prime rate and is subject to fluctuation; actual payment amounts will vary with rate fluctuations. Example: $10,000 at 3% for 84 months, the monthly payment is $132.13. Cost of borrowing is $1,098.92. total obligation is $11,098.92. Down payment and/or trade may be required. Monthly payments and cost of borrowing will also vary depending on amount borrowed and down payment/trade. Taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $18,589 with $0 down payment. ♦♦/*/‡Freight & PDI ($1,450), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to 2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See your dealer for conditions and details. ***Factory order or dealer trade may be required. ΔΔ2011 Chevrolet Cruze equipped with standard 1.8L ECOTEC I-4 engine and 6-speed automatic transmission. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ΔΔCruze Eco equipped with a 6-speed manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Ratings for the Midsize Car class. Excludes hybrid and diesel models. Your actual fuel consumption may vary. © For more information go to ihs.org/ratings. Available in 10 Canadian provinces and the 48 contiguous United States. Subscription sold separately after trial period. †Subscription sold seperately after trial period. ‡Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. ††2011 Cruze LTZ with PDA and GBE, MSRP with freight, PDI & fees $27,904. Dealers are free to set individual prices. ◊US Government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ◊◊Based on WardsAuto.com 2011 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 air bags, ABS, traction control and StabiliTrak®.

Chairwoman
at the kitchen table

▶ "This is the happiest I've been in my working life," says Carolyn Stark, left, with a journalism career combined with motherhood and a home-based publishing company.

Meet the mompreneurs, a growing army of women who manage to combine motherhood and careers

International Women's Day

Aysel Kluth runs a successful company with five employees. She's also the mother of two young girls.

"I can decide when to go to the office," says the 33-year-old. "I can respond to emails from home. I know so many young mothers who knit wool hats and turn it into a company, or who start cafés for mothers with young children."

Kluth, a former childcare worker, decided to become a "mompreneur" after giving birth to her first daughter six years ago. "I could work and still be able to breastfeed my daughter," she explains.

Five years ago, mompreneurs were largely an American phenomenon, but now they're an international trend.

Kluth, a German of Turkish origin, lives in Berlin. Mei Zhang, a Chinese Harvard graduate, enjoyed a fledgling career at McKinsey & Co. Today she runs her own travel company, Wild China, with a $7 million annual revenue. And Zhang has time to do homework with her three children, too.

"It's the best thing you can do to yourself and your children," she says. "I tried being a stay-at-home-mother, but I was the most miserable person in the house."

While there are no official statistics on mompreneurs, there are now large networks like the Mompreneur Exchange — which has grown to 1,500 members in less than a year — and Forbes-style top lists.

"Many women were in the workforce before having children," explains Carol Roth, author of the new book The Entrepreneur Equation. "They want to maintain identity for themselves professionally as well as that of being a mom. And technology has made it easier to start and manage businesses that can be run from home."

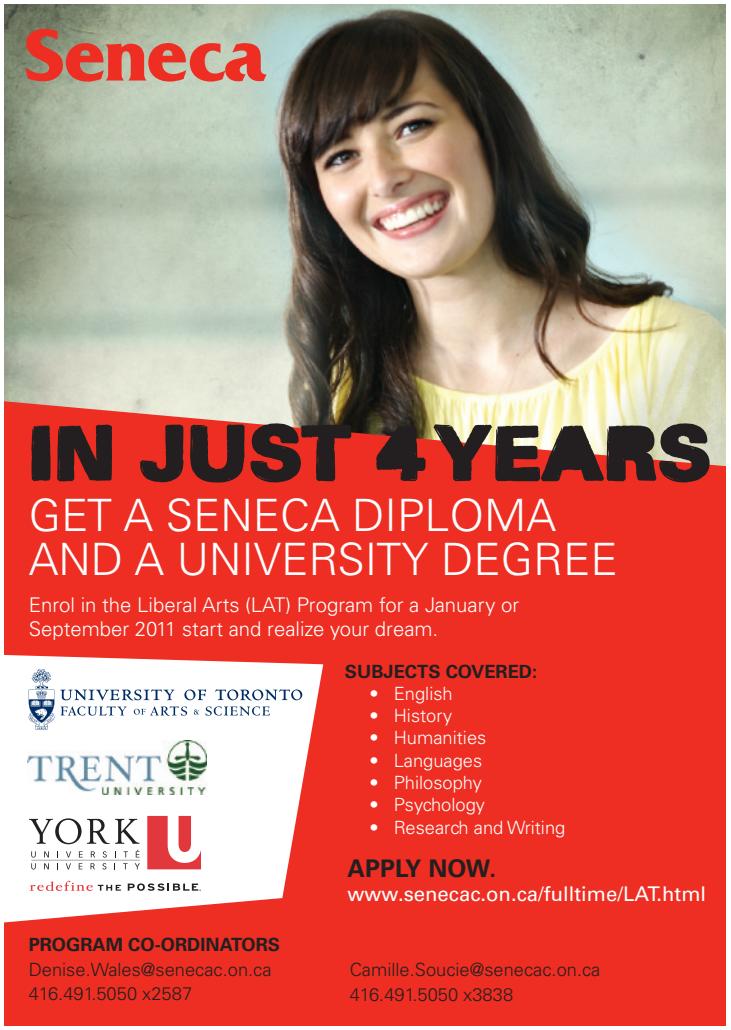
Carolyn Starks of Chicago left a journalism career, which included a Pulitzer Prize nomination, to combine motherhood with a home-based publishing company.

"This is the happiest I've been in my working life," says the mother-of-two. "But it's important to set boundaries. When the kids are home, I don't work."

Advice...

...FROM MOMPRENEURS

- Find a designated space in your home to run the business. Kitchen tables don't work.
- It's OK to work around your family. Don't make or take business calls when you can be interrupted.
- Don't buy into guilt. You can be a great mother and a great home-based professional. You can have both and you deserve it.

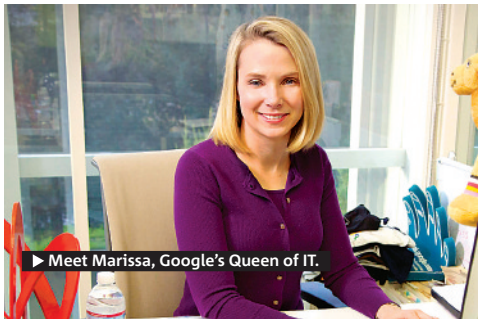


MARISSA MAYER, VICE-PRESIDENT OF LOCATION AND LOCAL SERVICES AT GOOGLE

"I worked 130 hours a week"

ANNE ESPIRITU

International Women's Day



There is such a thing as a glamorous celebrity geek. Officially, Marissa Mayer is vice-president of location and local services at Google. Unofficially, the 35-year-old is the Queen of IT. Since being hired as Google's first female engineer in 1999, Mayer has been involved with every Google product. Marissa considers herself a geek. But unlike her geeky colleagues, she also loves fashion and high heels.

Why are there so few women in technology?
A lot of it has to do with preconceived notions of what people in technology do. I was always drawn to science and math and wanted to become a doctor. But then I took a course in computer science and was fascinated by how it makes you reason. It wasn't until I graduated from university that I realized that such a passion for computer science was unusual among women. What I love about computer science, too, is how immediately it impacts people.

"I'd show up for work here every day even if they didn't pay me." MARISSA MAYER

What was it like joining a small startup called Google?
A lot of people underestimate how hard we had to work to get it off the ground. I often worked 130-hour weeks. Many days we didn't have time to shower, and often I slept underneath my desk. But we also worked with a sense of purpose and had a lot of fun, like playing roller hockey in the parking lot.

Which Google product would you call distinctly yours?
I worked very hard on the homepage, and also developed Google News, our social network Orkut, and helped Google Maps. But Google Search is something I really helped shape. One thing I'm very proud of are our Google doodles, the fun little things that show up around the search box on particular days.

What does a good day look like for you?
A really good day is when we launch a new product.

Do you find it hard to disconnect from work?
For me, work is fun. Remember the film High Fidelity with John Cusack? He hires a bunch of guys to work for him one day a week, and they keep showing up and he can't fire them. Well, I'm one of those guys. I'd show up for work here every day even if they didn't pay me.

ELISABETH BRAW

Learning apps launched by TVO

TVO has launched two free apps for BlackBerry smartphones. Geared toward early learners and school-aged children, Polka Dot Shorts (ages two to five) and Flower Frenzy (ages six to 11) focus on building patterning skills through sequence games. Both apps support learning objectives from Ontario school curriculum and have been teacher and classroom tested. Apps are available for download at BlackBerry AppTM World.

KYLA SERGEJEW

Humber celebrates women with book

In celebration of the 100th anniversary of International Women's Day, Humber College will be launching an anthology on female college leadership.

Passing the Torch: Meetings with Humber's Remarkable Women highlights the achievements, perspectives and successes of trailblazing women at the college. The book will be unveiled today at Humber's IWD Centenary Breakfast from 7:30 a.m. to 9:30 a.m.

KYLA SERGEJEW

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Steeles West Subway Station
Public Open House

The Toronto-York Spadina Subway Extension (TYSSE) project will extend the TTC subway system from Downsview Subway Station to the City of Vaughan.

Artist Rendering of Steeles West Station

Toronto Transit Commission invites you to a Public Open House to view the final design of Steeles West Station.

DATE: Wednesday, March 9th, 2011
TIME: 2:00 pm - 6:30 pm
LOCATION: CIBC Lobby
Accolade East Building,
York University
4700 Keele Street

Take Transit:
From Downsview Station, take Bus #196 - York University Rocket or Bus #106 - York University to York University Common.
YRT/VIVA From Richmond Hill Centre Terminal take VIVA purple to York University

Toronto-York Spadina Subway Extension
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Canada Ontario Toronto York Region

Should you go to summer school?

Study abroad, focus your efforts or spread out your workload? But you may miss out on summer fun

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

ISTOCK

There are both pros and cons to going to school over the summer holidays.

Meagan Lowes is in her first year of the animation program at Centennial College in Toronto.

"The program I'm currently in goes all through the summer," she says. "We don't stop and take semesters off."

Some colleges now offer bootcamp-style programs compressed into a full school year.

"Last summer I was working all summer, and I'm happy to be back in school again," says Lowes. "Being in a fast-tracking program is more of a benefit than not in my opinion, because I get done sooner. I don't lose any skills over the break."

Summer school pros

Some students take advantage of out-of-country travel-related courses, such as studying art history in France. It's an opportunity to see the world that you might not be able to do during the regular term while taking other courses.

You can also concentrate your efforts without the distractions of the regular term.

According to Gerry Kendal, vice-provost and registrar at the University of Alberta, "A course that you need to get into and keep focus on, the best way to do it is when you're not interrupted by course demands in other areas. With the intense focus, you can do some tremendous work."

Summer school is an opportunity for you to make up classes. "We'll always have a component of students doing it from a program mitigation standpoint," says Kendal. "Either making up a course they weren't able to or decided not to take, or possibly failed in a prior term, or maybe trying to get a step ahead by taking one to get a prerequisite."

You can also spread the workload over the year. For example, instead of taking five courses in the fall and winter, you might only take three or four courses, and pick them up in the spring and summer. Then you can still complete your degree in four calendar years.

Summer school cons

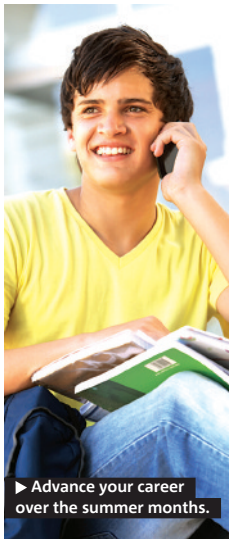
One reason some may not want to take summer classes is that you'll miss out on summer fun, as well as lucrative employment opportunities. It's lonely — your friends and family will be far away while you're toiling away on campus.

You may find it difficult to hold down a summer job while you're taking multiple courses. "There's no way I can have a job and go to school at the same time — it's way too intensive," says Lowes.

But with the tightening job market resulting from a slow economy, summer school is a viable alternative. "It's been really hard to find work," says Lowes. "There are summer jobs available but you have to look extremely hard to find them because people are really hanging on to the jobs that they have."

Taking the summer off allows some downtime that you might not get if you study year-round.

Cheryl Washburn, director of counselling services at UBC, advises: "If you choose to take summer session courses, it's important to plan ahead to ensure that you get enough of a summer break to re-energize for fall courses. Also, because summer courses are more intensive, maintaining balance can be a challenge."



Advance your career over the summer months.

School's 'in' this summer

Trios College www.trios.com
Personal Support Worker program: April for 26 weeks
The program helps students develop the skills required to provide personal support services to patients and their families, clients and residents in the community, at home, in hospitals and in long-term care facilities.

Humber College
Humber School for Writers Summer Workshop: July 9–15
This summer workshop offers aspiring writers the chance to work with some of Canada's most well-known authors, such as Nino Ricci and Alistair MacLeod, to improve writing and to work toward being published. Visit www.creativeandperformingarts.humber.ca/content/writers_summer.html.

Motorcycle and Scooter Riding Training: Throughout the summer
Humber offers the largest motorcycle rider training facility in the world. A popular continuing education program, it's designed to provide new riders with the skills and licensing to be a safe and ready driver. Check out www.calendardb.humber.ca/LIS/WebCalendar/CE/SubjectArea/details.do?name=Motorcycle+and+Scooter+Rider+Training.

Seneca College
Summer Transition Program
This free four-day, in-residence program takes place early each summer. Designed to assist students with identified learning disabilities, this program helps make the transition to post-secondary education. Students will participate in fun activities and insightful workshops. Email STP@senecac.on.ca to request a Summer Transition Package and dates.

Centennial College
Food Service Worker: July 4–Aug 17 followed by a field placement
This accelerated certificate program is for those pursuing a career in the food service industry. Courses focus on health care food service and have been developed in conjunction with the Ministry of Health and Long-Term Care, professional organizations and employers. www.centennialcollege.ca/ce

Canadian Business College
Medical and Health Administration Diploma: May to September
Future CBC medical and health services personnel must be prepared to deal with regulated healthcare delivery systems, technological innovations, an increasingly complex environment and an increased focus on preventive care. The Canadian Business College Diploma prepares students to work in either a Medical or Health Care environment. www.cbctraining.com

Digital Media Web Designer Diploma: April to September
This program is designed for students interested in using, creating and managing quality media resources to satisfy business and personal communication needs. The CBC diploma program offers students web media production and computer skills.

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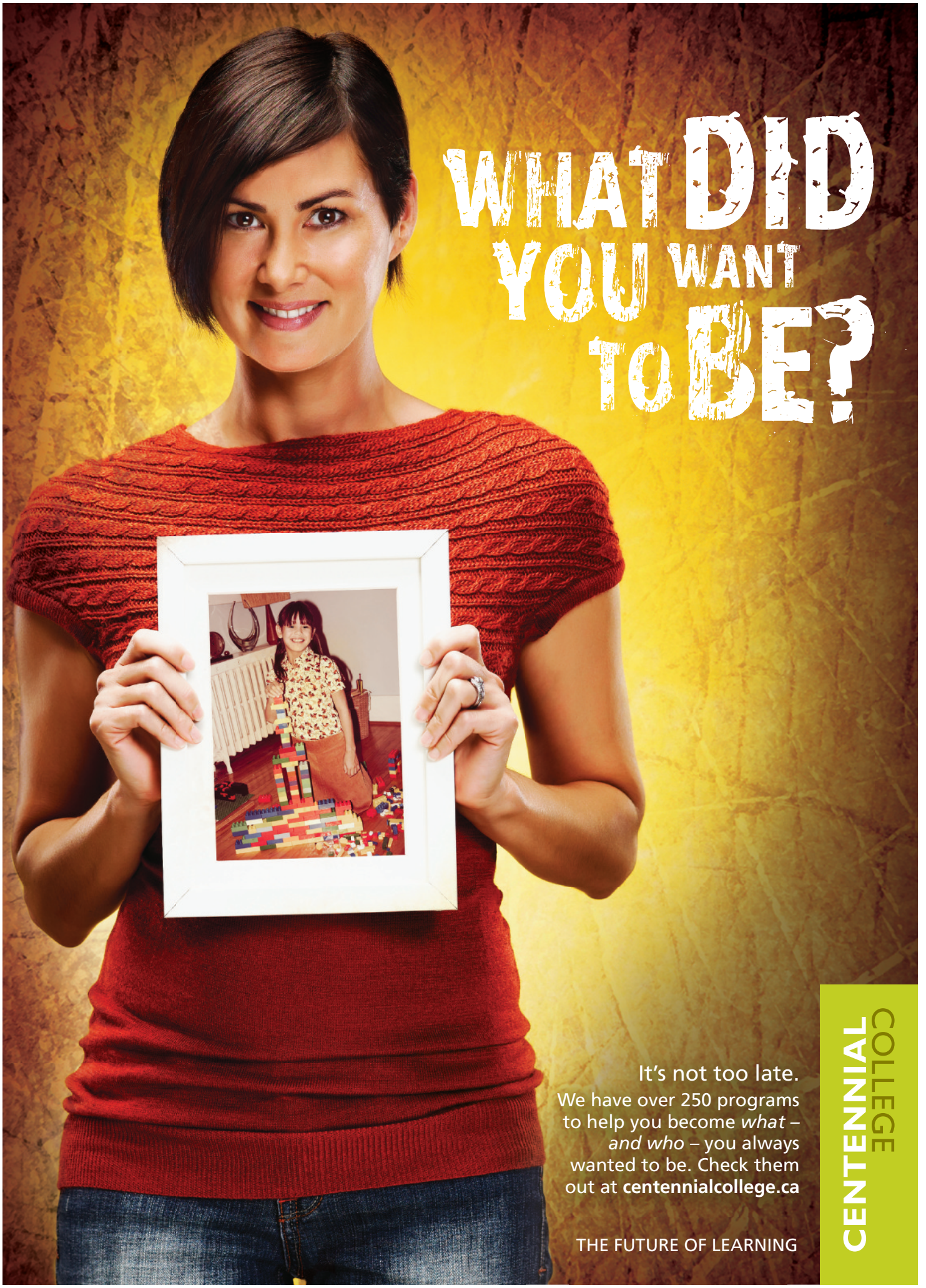
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ISTOCK

▶ Some struggles with time management may be temporarily outside of your control.

A lesson in juggling

▶ Students should be mindful not to overextend themselves ▶ Here are a few tips on how to better manage your time and reduce frustration levels

KELLY PUTTER
LIFE@METRONEWS.CA

If you're a college or university student who's choking on all you've bitten off, take heart because there's hope.

Juggling studies with work, volunteer and extracurricular commitments plus that all-important social life can be a maddening exercise in post-secondary school psychosis.

But reducing your frustration and stress levels has more to do with how you think than mastering the agenda on your BlackBerry, says Catherine Hawn, a psychology professor at the University of British Columbia.

Hawn says students often struggle with the notion that achieving balance means devoting equal time to each area in their lives. It doesn't. In addition, students need to realize that their goals will conflict and that they, unfortunately, can't have it all.

"If your goal is to do a summer course and get a high mark, that will compete with a totally fun-loving summer," she says, "so recognize that and be ready for goal conflict."

Prioritizing your goals is critical to success as is outlining the concrete steps that will help you achieve your goals. Have specific actions you can check off each week.

"It takes planning and it takes maturity and not everyone can do that right away," says Hawn, who teaches a course in academic success at U.B.C. "If someone's goal is to achieve an A in a course, then that requires a lot of planning and behaviours before that can happen.

If you're feeling stuck or anxious, think about where you're headed once you've obtained your degree or diploma.

Students should be mindful to not over-extend themselves and if self-control is in short supply, consider setting in stone a study schedule and doing your best not to deviate from it, advises Hawn.

Some timely tips can help

Highlight your life
"Learn to keep a timetable that includes all your activities — academic and personal — and stick to it. Structuring your time makes it easier to stay on track. I use different colour highlighters (i.e. blue for work, yellow for school, orange for social, pink for important) to make it easy to see what is happening in one glance," says Tanya Gulliver, 42, an environmental studies doctorate student at York University in Toronto.

Make it extra-curricular
"School can be an extremely stressful time for young adults, and I think it's important to choose extra-curricular activities that help you stay grounded and offer a break from the stress. For example, I nanny a toddler and it gives me a chance to laugh and play. The key to juggling commitments is to find a healthy balance between school, work and self-care," says Alex Haggert, 18, in second year film studies at Carleton University in Ottawa.

Cross it off
"Being a grad student and being a T.A. is a 24-hour job. I'm attached to my planner. I'm also a list maker and I highlight it so I know it's done and that action of striking it out makes me feel rewarded," says Emily Burns, 23, doing a master's in gender studies at Queen's University in Kingston, Ont.

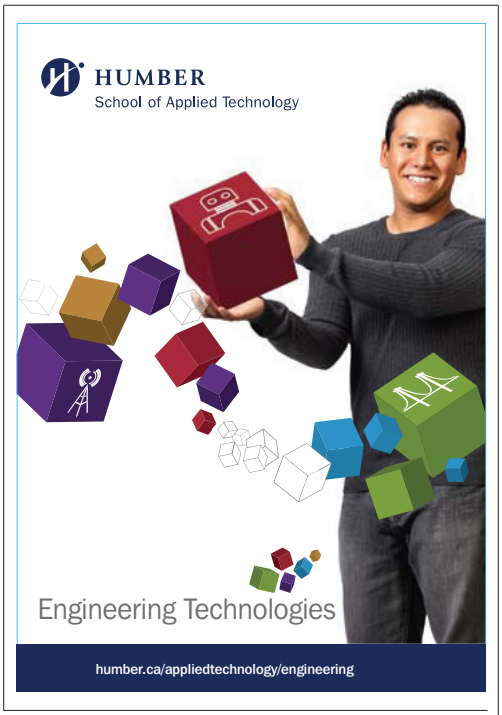
Ask for help
"Don't be afraid to ask for help. My family and friends have been my biggest support. Don't take too much on all at once and prioritize where you want to put most of your efforts," says Toni Campbell, 23, a fourth-year business student at the University of Calgary.

Move
"In first year, I stopped working out so I could focus on school work and by December I started to get really depressed. This year, I'm doing hot yoga, ringette and running three or four times a week ... and it's definitely dropped my stress. My mood is better and I'm able to handle more things," says Jamie Humble, 19, a second-year science student at Grant MacEwan University in Edmonton.

Embrace it all
"There will be weeks that I feel swamped, but then it all comes together and there is a break in sight. It's critical to stay as organized as possible," says Paige Mowbray, 36, a third-year social work student at UBC in Vancouver.

Trust yourself
"I need to know what's going on all the time. Sometimes I feel like it's a miracle. One time I had 3 o'clock written down and I thought, 'Oh my god, what's this?' but I figured it out. My motto is don't worry about it cause I'm gonna get it done," says Samantha Durnford, 21, fourth year journalism student at University of King's College in Halifax.

Map your to-do's
"I keep a map of my week in my brain. Student senate is always on Thursdays, my radio station work is on another day…I kind of show up at these places because I know I have something to do there. I wouldn't recommend my method because it's not very healthy and I get confused sometimes," says Elamin Abdelmahmoud, 22, a second year philosophy and gender studies undergrad at Queen's University in Kingston.



Open houses start this week

Here is a schedule of open houses at some post-secondary institutions in Toronto. If a school you are interested in is not on this list, contact the institution for more information about visiting the campus.

- The St. George, Scarborough and Mississauga campuses of the University of Toronto offer open house events from March 5 – 18; visit www.discover.utoronto.ca/marchbreak for more details
- Tyndale University College and Seminary, March 5
- York University, Glendon campus, March 6; Keele campus, April 2
- Seneca College, all campuses and programs: March 8, 14, 19, 21, 23, 26 and April 16
- George Brown College, all campuses and programs: March 8, 9, 10, 15, 16, 17, 18 and April 14
- Ryerson University: March 17
- Centennial College, all campuses: March 20
- The Ontario College of Art and Design Admissions Office is open 9 a.m. to 5 p.m., and you don't need an appointment to get a tour of the school on Mondays, Thursdays and Fridays.
- Canadian College of Massage and Hydrotherapy: March 22
- Access Business College: March 25
- Humber College, all campuses: April 9
- Sheridan College: April 9 and April 30

KELLY PUTTER

How to find free cash for school

Don't think you can afford to pay for summer school?
There are a number of options that can help you

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

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How will you pay for summer school?

The best way to finance your summer school is to find "free money," such as grants, scholarships and bursaries that don't accrue interest and you never have to pay back.

Websites such as ScholarshipsCanada.com and StudentAwards.com can help you find them.

Government loans are the traditional way of financing your schooling. In Canada, academic funding is considered to be a partnership between you the student, your parents and the government.

If you're a full-time summer student, which means 9.5 hours per week of classes, you can qualify for the full-time, no-interest loan and don't have to pay it back until you're no longer full-time status.

There are provincial and federal student loans that you can apply for at the same time.

You can complete a single application online, and loans and grants from both governments will be calculated automatically. Visit CanLearn.ca for more information.

Look to the universities and their affiliates for other sources of funding.

For example, the U of A Student Union offers the Access Fund, a bursary based on financial need.

The fund is administered to U of A undergraduates on a case-by-case basis, requiring an interview to assess the student for shortfalls.

In any case, it is best to contact a student financial planner to help you make your choices and do your homework to research some of the many sources of funding available for your summer studies.

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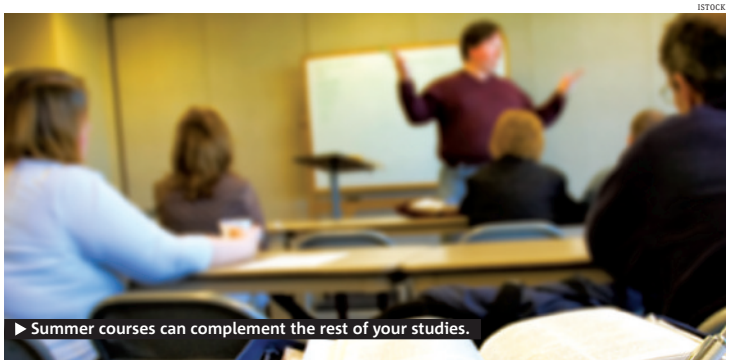


▶ Summer courses can complement the rest of your studies.

Something for everyone

- Summer arts courses cover a huge spectrum
- Many offer technical skills in the arts

KIM ZARZOUR
LIFE@METRONEWS.CA

With the days growing longer and thoughts of warm weather ahead, you may be dreaming of summer plans — lounging on the beach, leaping into a pool, or, for a change of pace, jumping into an intense learning experience at a post-secondary school near you. Here's a sampling of what's on offer in the GTA. Unless otherwise noted, call the school or visit the institution's website for further details.

• The G. Raymond Chang School of Continuing Education at Ryerson University
Publishing Intensive Program. Three months of intense, full-time study leads to six of the eight credits needed for the school's Publishing Certificate. The program is geared towards university graduates and career-changers looking to enter the industry with hands-on, practical skills.

• Humber College
School for Writers Summer Workshop (July 9 to 15) at the School of Creative and Performing Arts offers aspiring writers the chance to work with some of Canada's most well-known authors to improve writing and work towards being published.

• University of Toronto
The university offers 13 new summer intensive courses that range from Myth to Medieval Art to Death, Dying and the Afterlife. Courses run for three weeks, normally four days per week for two or three hours each day. Details will be available when the finalized version of the summer timetable is posted in late March. For a list of courses, see www.artsci.utoronto.ca/current/undergraduate/course/timetable/20115_prelim/intensive.

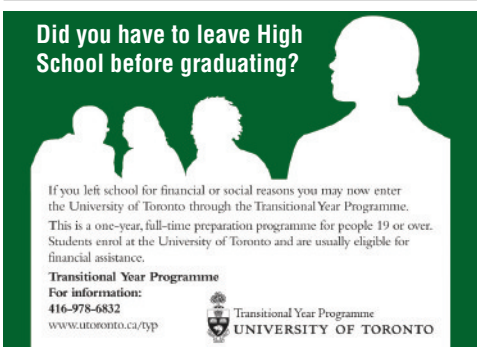
• Seneca College
The Documentary Filmmaking Institute has a one-semester program, running from May 30 to Sept. 1, designed to equip students to work in the film industry as an independent producer. This program is ideal for students with little or no experience in the field.

Home Staging is an 18-hour introductory course, ideal for realtors, home owners or those wanting to start their own home-staging business. The program runs from May 10 to June 14.

Introductory Voice Training for Film and Theatre is a six-hour course designed for people with previous training or experience in acting that focuses on freeing the natural voice through exercises. The program runs on June 18 and 25.

• Centennial College
Summer school students can learn the basics of screenwriting and how to write for episodic television or film, finishing with a sample script at the end of the program.

Introduction to Audio Recording teaches the basics needed to operate a recording console and multi-track digital recorder. This course explores the fundamentals of live audio recording, audio engineering theory, studio equipment operations and microphone techniques.



How would you like to pay for that?

A house lift or a facelift? Either way, how you pay depends on your financing personality

KELLY PUTTER
LIFE@METRONEWS.CA

Whether you're eyeballing a facelift or a bathroom reno this spring, the type of loan you decide on is dependent on your own personal discipline level, says money expert Gail Vaz-Oxlade.

Highly disciplined people, she says, should use a line of credit because interest rates tend to be low and there's flexibility in paying it back. Poorly disciplined individuals who have trouble controlling their impulses would do better to take out a fixed personal loan because that can't be dithered with.

"Ultimately, how you finance anything comes down to how cheap you can get it and what's the kind of credit that's best suited to you," says the host of Slice TV shows 'Til Debt Do Us Part and Princess.

The thing about money, even investing, says Vaz-Oxlade, is we generally work hard at making it way more complicated than it should be.

"When we talk about financial illiteracy in Canada, it exists because we keep throwing crap at them," says the book author and columnist. "They can't wade through all the crap to make a decision. Give people three steps and they're happy with that. Don't over complicate it."

ISTOCK

▶ For those who can't save, there are other kinds of piggy banks.

Equity in your home is a good place to start if you're looking at borrowing more than $10,000, says Lev Keselman, a senior mortgage consultant with Verico Paragon Mortgage Group in Vancouver.

If a tummy tuck beckons, though, Keselman recommends getting an unsecured line of credit from the bank because "it's not even worth it to touch your home equity for that." The reason? Legal and appraisal fees will set you back about $1,000.

A unique borrowing method that few Canadians think of but should is their life insurance policies, says Vancouver financial adviser Mimi Tang.

Of course, you can always find more inventive ways to scrounge up the cash. Pat, who was living in Bloomfield, Ont., at the time, was in her '60s when she decided to sell her dining room furniture to finance a facelift.

"If you're going to have a facelift and you need the money, that would be the thing to do," says Vaz-Oxlade.

I'll buy that

Type of purchase: Renovate outdoors

Type of credit: Line of credit

Why: A line of credit will always be there so once you've paid for the new swimming pool you can access funds for a gazebo and once you've paid that off you can add a winding path through lush gardens and so on and so on.

Loan me?

Type of purchase: Exotic vacation to Turtle Island

Type of credit: Get a personal loan

Why: You've proven you don't really have the discipline to save for it by needing a loan in the first place, so a fixed-rate personal loan is best for you because clearly you need some control and restraint to help pay it off.

Charge it

Type of purchase: Laptop or personal computer

Type of credit: Credit card

Why: Find a card that has insurance that protects items that are lost or stolen and extends the warranty for an additional 12 months. This eliminates the need for buying additional warranties and insurance.

Line of credit, bank loan or credit card?

ALEX NEWMAN
LIFE@METRONEWS.CA

Being cautious while spending money may sound like a contradiction in terms, but financial advisers are the first to recommend this for guilt-free shopping.

Karin Mizgala, CEO of Money Coaches Canada, a national network of financial professionals, has never been an advocate of borrowing, preferring to set aside funds for clothing, travel or car repairs in advance.

But Mizgala also realizes that there are things such as a home, car or major renovation that leave no other option.

If you must borrow, make sure to shop around for the best interest rates.

Wolfgang Klein, senior investment adviser and vice-president at Toronto based Canaccord, says secured credit lines offer the best rates, but require an asset such as a house. An unsecured line of credit, on the other hand, only requires a good personal credit rating though the rate is a little higher.

Next best is a bank loan with a fixed lending period and payment amount, and is customarily used for cars, boats, special holidays, home renovations. You can also borrow to invest in RRSPs, though Mizgala doesn't advocate this unless "you're financially very savvy, have maxed out your RRSPs, and have your home paid off." If the interest rates rise, and your stocks don't do so well, you'll end up with a negative balance.

When it comes to mortgages — which you need — Mizgala recommends sticking with a term of 25 years or less. The difference in monthly payments isn't significant, but you're paying a lot longer.

Credit cards are a last option. While convenient for larger purchases like a computer, you'll get on a debt cycle if you don't pay the balance each month. The other proven danger with credit cards is that you end up spending 30 to 40 per cent more than with cash. Another similar trap to watch out for, Mizgala adds, is "buy now, pay later because you always think you'll be in a better position to pay it later."

But there's something that should be done before you head out to your nearest bank to load up on cash. "Think about your relationship to money, and we all have one," says financial therapist Amanda Mills of Loose Change, Toronto, who counsels people in understanding their money behaviour and their debt. Too often, Mills says, money is "driving the car, instead of being harnessed to accomplish what you really want with your life."

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ISTOCK

▶ Paying on credit when you don't have the cash can cause problems down the road, but new rules take the sting out of hefty interest rates.

Be a smart spender when it comes to credit cards

◗ New rules may help with the weight of credit card payments ◗ Feds warn the elderly are at greater risk of becoming victims of fraud

GILDA SWARTZ
LIFE@METRONEWS.CA

New federal government regulations, set in place last fall, may take some sting out of your credit card bills — if you pay your balance in full and on time most months.

Before September 2010 you may have had only a 15-day interest-free grace period to pay your bill, if you paid it in full, before being charged any interest.

Now you have 21 days from the date of the last purchase on your bill.

If you had an outstanding balance from your previous bill, the bite was extra painful, since issuers could charge interest immediately on all your new purchases as well.

Now you won't have to pay interest on the new purchases on your bill, if you pay it in full when due.

There are exceptions: interest is charged right away on cash advances or cash-like transactions such as a money order.

Credit protection

Protect your credit card online.

- Install and update anti-virus and anti-spyware software.
- Do not respond to suspicious emails or websites requesting personal information; report them to your financial institution.
- Monitor card statements frequently.
- Change passwords regularly.
- Keep copies of card numbers and issuer phone numbers in a safe place to report them lost or stolen.

Borrow to get ahead. Really?

You may not have thought you could borrow to get ahead, but you can. By planning and taking small steps, you could pay your mortgage down faster, reduce your debt sooner, and save on what you owe. All of which can help make your long-term goals more achievable.

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4 sports

Quebec rink brings buzz

- First-time team adds style and enthusiasm to Brier, and has solid start
- Manitoba's Stoughton and Alberta's Martin remain unbeaten so far

DAVE CHIDLEY/THE CANADIAN PRESS

▶ Quebec skip Francois Gagne, right, looks on as sweepers Christian Bouchard and Philippe Menard ask for instructions yesterday at the Brier.

The Quebec rink is pumping up the volume and bringing a touch of style to the Tim Hortons Brier.

Team third Robert Desjardins bellows so loud on the ice you can hear him in the far reaches of the John Labatt Centre. Lead Philippe Menard wears a blue bandanna, one of the few curlers to stray from the standard look. Second Christian Bouchard looks hip in his trendy sneakers and skip Francois Gagne wears a baby blue belt with a shiny silver buckle.

They play with energy and passion and they're off to a decent 2-2 start in their first Brier as a team.

"The people who are fans of curling like it when players show their emotion and show some different styles," Gagne said. "If we all look the same, we miss some colour in curling. We need that, I think. I'm not doing it on purpose, I'm doing it because I'm like that.

"I think people must let go of their emotion on the ice. Every sport needs that."

Quebec, which dropped a 7-5 decision to New Brunswick (2-3) yesterday afternoon, has had a fairly light schedule so far. Still to come are the big guns from Alberta, Newfoundland and Labrador, and Manitoba.

Gagne is hoping to take advantage of the fact his opponents are not that familiar with the Quebec team.

"It's the perfect position when you're the underdog and people don't know you very much," Gagne said. "We have the tools to fight these guys, we have the tools to beat these guys."

The favourites have started strong in the round robin, with Jeff Stoughton of Manitoba (5-0) and Kevin Martin of Alberta (4-0) on top with unbeaten records. Martin extended his Brier winning streak to 30 games with a 9-2 rout of Prince Edward Island (0-5) while Stoughton topped Northern Ontario 8-4.

"We're just having a good time out there and soaking it all up," Stoughton said. "I think it helps when you're winning, obviously. But we feel good, we feel that when we go out on the ice that we're going to win."

THE CANADIAN PRESS

Leafs preview

Leafs at Islanders
7 p.m.
TV: SNET-O
Radio: AM 640

Toronto (29-28-9) took a step back in the playoff hunt Saturday with a loss in Chicago. The Leafs are five points behind eighth-place Buffalo after going 6-1-3 in their last 10 games. Toronto will need a better effort from goalie James Reimer, who gave up five goals on 18 shots against the Blackhawks.

After posting two straight wins, New York (25-32-10) reverted to form with a 3-2 overtime loss to New Jersey on Sunday. The Islanders are all but done for the season with 60 points. It will be the fourth-straight season New York has missed the playoffs.

THE CANADIAN PRESS

Scan code for more sports

Canadian women reach final

15th
Rank of the Dutch, who the Canadians will face in the final. The Netherlands finished atop Group A. England (1-2) is ranked 10th in the world.

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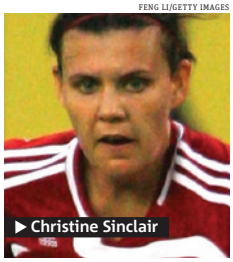

▶ Christine Sinclair

Canada continues to impress at the Cyprus Cup, defeating England 2-0 yesterday to advance to the final of the women's soccer tournament.

Captain Christine Sinclair and substitute Brittany Timko scored for the ninth-ranked Canadians, who improved to 3-0 at the tournament and 5-1 this year.

Canada has outscored its opposition 4-0 in Cyprus, all the more impressive considering the women have not played since the Four Nations Tournament in China in January.

Canada had needed a win or draw to advance to tomorrow's final.

THE CANADIAN PRESS

Leafs keep an upbeat attitude after loss

Centre Tyler Bozak flashed a smile yesterday at the Leafs practice. Goalie James Reimer, apparently, still has a toothy grin as well.

From a Leafs standpoint, those smiles were the best prescription for a disappointing effort on Saturday from two of their key young performers.

It all seemed dark and gloomy after Saturday's 5-3 schooling from Chicago for Bozak and Reimer. The inexperienced centre and the kid goalie — a newborn star this past month — stood out in the heat of a desperate playoff push for the wrong reasons.

Coach Ron Wilson, who is out of sugar-coating at this must-win juncture of the season, underlined the fact that Bozak and his line with Phil Kessel and Joffrey Lupul have simply been on the ice for too many goals against (and they have the minus stats to prove it).

Reimer allowed five goals on 18 shots, so the coach wasn't wrong to feel the club could have used a save or two in the opening period when the defending champion Blackhawks seized the game from an off-beat Leafs side.

Yesterday, the Leafs' world was right again. No punishment for Bozak — he was back on his line after Wilson changed things up Saturday. And Reimer was back in the saddle as the No. 1 goalie, none the worse for his rude awakening on Saturday.

"I figure everything that's happened to me is a learning experience, whether you win 10-0 or get pulled," Reimer said. "You learn from your experiences, you learn about yourself, how you handle it and how you respond to it."

Beginning with today's game against the Islanders, the Leafs will embark on a seven-game, all-Eastern Conference stretch that should define whether they'll take this playoff drive into the season's last week. TORSTAR NEWS SERVICE

"There's a plan and things happen for a reason."
JAMES REIMER

‘Crygate’ just one of Heat’s many troubles

James: ‘We get a win, we’ll be all right’ Just ‘growing pains’: Wade

Having LeBron James, Dwyane Wade and Chris Bosh together was supposed to be the Miami Heat’s formula for many championships.

Right now, it isn’t. With the playoffs a little more than a month away, time is running out.

Maybe it was fitting that Heat coach Erik Spoelstra had his back to the wall of Miami’s practice court yesterday when trying his best to clear up “Crygate.” Here was his clarification: He saw glossy eyes, but heard no whimpering.

A day after Spoelstra said there was “a couple guys crying in the locker-room” in the moments that followed Sunday’s 87-86 loss to the Chicago Bulls — the latest entry in a growing list of last-second chances gone awry — whether tears were falling is irrelevant.

11

The Heat have lost 11 games this season in which they had a chance to take the lead or tie in the final 12 seconds of regulation or overtime. The team is shooting 1-for-19 in those situations

Shots aren’t falling.

That’s the issue for the 43-20 Heat, who have lost four straight and are in their toughest stretch of the season.

Even with that, they remain confident.

“We lose every game from here on out, somebody’s got to see us in the first round,” Wade said.

“We’re fine.”

That’s debatable.

The Heat’s issues include consistency at point guard and centre along with the bench. In the public eye, every loss seems almost cataclysmic.

Orlando coach Stan Van Gundy weighed in on Miami’s struggles yesterday.

“I think the players thought it was going to be easy and they were going to roll over everybody. It hasn’t materialized that way,” he said.

THE ASSOCIATED PRESS

LYNNE SLADKY/THE ASSOCIATED PRESS

▶ LeBron James during Miami’s loss to the Chicago Bulls Sunday.

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NATIONAL HOCKEY LEAGUE STATISTICS

FROM THE CANADIAN PRESS

Not including yesterday's games

ANAHEIM

Player	GP	G	A	Pts	+/-	PIM
Perry	66	31	37	68	-4	96
Selanne	57	21	39	60	5	42
Ryan	66	30	24	54	1	51
Getzlaf	51	16	36	52	0	33
Visnovsky	65	12	39	51	4	18
Koivu	59	13	20	33	-7	34
Fowler	60	7	22	29	-23	16
Blake	62	12	14	26	-5	35
Lydman	62	3	19	22	25	24
McMillan	44	5	12	17	0	12
Winchester	60	9	5	14	-10	90
Beauchemin	65	3	11	14	-7	22
Ruutu	57	3	9	12	-2	65
Sexton	39	3	8	11	-2	6
Sbisa	52	2	6	8	-6	37
Marchant	65	1	7	8	-11	22
Lilja	48	1	6	7	-11	26
Parros	64	3	1	4	-3	137
Sutton	37	0	4	4	1	81
Chipchura	36	0	2	2	-1	12
Brookbank	28	0	0	0	-8	50
Voros	12	0	0	0	-4	43
Hiller	48	0	1	1	0	0
Ellis	36	0	1	1	0	0

ATLANTA

Player	GP	G	A	Pts	+/-	PIM
Ladd	65	25	25	50	-6	35
Byfuglien	66	19	30	49	-4	57
Enstrom	60	8	40	48	-4	40
Little	60	14	24	38	12	29
Kane	57	17	18	35	-8	56
Stewart	66	14	20	34	-4	49
Wheeler	65	14	18	32	10	36
Antropov	60	11	19	30	-15	34
Schremp	48	10	12	22	-19	12
Dvorak	56	7	14	21	-2	22
Bärmstrov	58	5	12	17	-1	23
Thorburn	66	7	9	16	-1	59
Oduya	66	2	14	16	-14	20
Bogosian	55	4	9	13	-17	25
Slater	36	5	7	12	4	19
Hainsey	66	2	8	10	-3	24
Boulton	56	5	3	8	1	59
Stuart	38	1	4	5	5	35
Stapleton	29	1	1	2	-7	8
Cormier	21	1	1	2	-5	4
Meyer	15	1	1	2	-6	2
Machacek	10	0	0	0	-2	0
Maxwell	2	0	0	0	0	0
Kulda	2	0	0	0	-2	2
Welch	2	0	0	0	-1	0
Rissmiller	1	0	0	0	0	2
Pavelec	47	0	0	0	0	4
Mason	25	0	0	0	0	4
Mannino	2	0	0	0	0	0

BOSTON

Player	GP	G	A	Pts	+/-	PIM
Bergeron	64	21	29	50	21	14
Krejci	58	10	40	50	21	22
Lucic	62	28	21	49	24	99
Horton	63	18	25	43	25	65
Recchi	65	11	31	42	16	25
Kaberle	65	3	36	39	1	16
Ryder	65	17	19	36	-3	34
Peverley	65	15	21	36	-14	35
Marchand	62	19	16	35	23	43
Chara	65	11	21	32	21	67
Seidenberg	65	6	21	27	8	33
Kelly	60	12	12	24	-11	12
Seguin	60	10	11	21	-5	14
Campbell	63	9	12	21	5	74
Thornton	65	8	7	15	-4	118
Ference	58	2	11	13	24	56
McQuaid	51	3	9	12	2	87
Kampfer	35	5	5	10	9	8
Savard	25	2	8	10	-7	29
Boychuk	53	1	9	10	10	34
Caron	23	3	4	7	3	6
Paille	30	2	5	7	1	12
Hamill	3	0	1	1	1	0
Bartkowski	3	0	0	0	-1	2
Arniel	1	0	0	0	0	1
Thomas	46	0	3	3	0	13
Rask	22	0	0	0	0	0

BUFFALO

Player	GP	G	A	Pts	+/-	PIM
Vanek	65	23	32	55	-6	16
Boyes	66	14	31	45	13	30
Stafford	47	26	14	40	5	30
Pominville	56	17	21	38	-2	15
Ennis	65	14	24	38	-5	18
Roy	35	10	25	35	-1	16
Leopold	62	11	22	33	-4	36
Weegar	63	10	18	28	-8	32
Hecht	63	11	16	27	-1	38
Connolly	51	8	19	27	-11	12
Gaustad	65	9	14	23	7	82
Sekera	61	3	19	22	3	14
Montador	60	5	16	21	20	71
Gerbe	47	8	11	19	4	28
Mackenzie	64	5	10	15	2	18
Grier	64	5	10	15	2	10
Niedermayer	54	1	13	14	-2	20
Weber	42	3	7	10	10	56
Kaleta	50	4	5	9	-3	78
Morrison	51	1	8	9	-2	18
Butler	34	0	5	5	3	12
Adam	18	3	1	4	-4	10
Byron	8	1	1	2	0	2
Mancari	4	0	1	1	-1	0
Ellis	8	0	0	0	-1	2
Gragnani	3	0	0	0	1	2
Stuart	3	0	0	0	1	2
Miller	54	0	1	1	0	6
Enroth	7	0	0	0	0	0
Lalime	7	0	1	1	0	0

CALGARY

Player	GP	G	A	Pts	+/-	PIM
Iginla	68	30	36	66	-1	30
Tanguay	65	18	36	54	3	22
Jokinen	65	14	34	48	-13	40
Morrison	66	9	34	43	13	16
Bourque	66	19	41	43	12	6
Glencross	65	22	15	37	6	59
Babchuk	68	10	22	32	10	30
Giordano	68	6	25	31	-10	57
Moss	55	16	13	29	6	18
Stajan	62	5	23	28	5	20
Hagman	64	11	15	26	0	22
Jackman	68	10	10	20	3	82
Bouwmeester	68	4	15	19	6	40
Backlund	59	7	9	16	6	10
Regehr	65	2	14	16	11	42
Sarich	62	3	11	14	7	64
Modin	38	7	3	10	-12	14
Kostopoulos	62	5	5	10	-2	70
Pardy	30	1	6	7	3	24
Staios	28	2	4	6	3	25
Kotalik	20	3	0	3	-8	4
Conroy	18	2	0	2	-1	8
Mikkelson	23	0	2	2	-6	9
Meyer	16	0	2	2	0	17
Bouma	5	0	1	1	-1	0
Carson	14	0	0	0	7	4
Brodie	3	0	0	0	-3	2
Ivanans	1	0	0	0	-1	5
Kiprusoff	59	0	0	0	0	2
Karlsson	14	0	0	0	0	0

CAROLINA

Player	GP	G	A	Pts	+/-	PIM
Staal	65	29	33	62	-12	60
Skinner	66	23	26	49	-2	36
Jokinen	54	16	29	45	2	20
Ruutu	66	15	30	45	-4	46
Cole	66	18	23	41	1	41
Corvo	66	10	24	34	-12	14
Pitkanen	57	2	27	29	-4	52
Stillman	49	9	18	27	5	20
McBain	66	5	20	25	-9	28
LaRose	66	12	12	24	-18	53
B.Sutter	66	12	12	24	13	12
Dwyer	64	8	9	17	-7	12
Gleason	66	2	11	13	-11	71
Tlusty	41	6	6	12	4	12
Allen	56	4	8	12	-5	72
Harrison	63	3	6	9	5	62
Boychuk	23	4	3	7	-2	4
Carter	50	3	3	6	-4	44
Joslin	20	1	5	6	1	8
Dalpe	15	3	1	4	0	0
Bodie	56	0	3	3	-8	61
Matsumoto	13	2	0	2	-4	4
Samson	9	0	2	2	-1	0
B.Sutter	5	0	1	1	-1	5
Bowman	8	0	0	0	1	6
Noreau	3	0	0	0	0	2
Ward	58	0	1	1	0	0
Peters	12	0	0	0	0	4

CHICAGO

Player	GP	G	A	Pts	+/-	PIM
Toews	64	27	38	65	22	20
Sharp	65	33	28	61	-5	34
Kane	57	21	36	57	2	22
Hossa	49	18	25	43	14	22
Kopecky	66	19	23	42	-9	46
Seabrook	66	4	33	37	3	38
Bolland	59	15	21	36	13	34
Bickell	63	16	19	35	12	38
Keith	66	5	30	35	5	18
Brouwer	66	17	17	34	6	42
Frolik	64	10	23	33	1	20
Campbell	53	4	20	24	27	6
Stalberg	62	10	10	20	2	39
Dowell	63	6	14	20	10	58
Pisani	45	7	10	17	5	8
Campoli	61	3	13	16	-1	34
Boynton	41	1	7	8	2	36
Cullimore	36	0	8	8	4	8
Hjalmarsson	64	2	5	7	12	31
Johnson	18	1	3	4	-1	2
Morin	9	2	1	3	2	2
Leddy	30	2	0	2	3	4
Hendry	37	1	0	1	-2	4
Scott	36	0	1	1	-1	62
Smith	3	0	0	0	0	0
Taffe	1	0	0	0	0	0
Brophey	1	0	0	0	0	0
Pirri	1	0	0	0	-1	0
Klinkhammer	1	0	0	0	1	0
Crawford	41	0	0	0	0	0
Turco	28	0	0	0	0	6

COLORADO

Player	GP	G	A	Pts	+/-	PIM
Stastny	63	19	31	50	-7	48
Duchene	63	21	28	49	-6	21
Hejduk	58	19	28	47	-15	18
Liles	65	6	36	42	-8	31
Jones	61	23	14	37	2	24
Fleischmann	45	12	19	31	2	18
Johnson	62	7	16	23	-9	43
Porter	57	11	8	19	-4	18
Yip	65	8	10	18	-9	38
Winnik	63	8	10	18	-1	33
O'Reilly	57	6	11	17	-1	8
McClement	63	6	10	16	-14	24
Galiardi	35	7	8	15	-6	12
Wilson	64	4	9	13	-4	40
Wilson	54	3	8	11	-5	45
Mauldin	29	5	5	10	5	8
Hunwick	61	1	9	10	-7	25
Cumiskey	18	1	7	8	-3	10
Foote	47	2	6	8	-10	16
McLeod	54	4	2	6	-3	149
O'Byrne	50	0	6	6	2	59
Holos	23	0	4	4	3	2
Stoa	12	2	0	2	-2	6
Sulik	5	1	0	1	-2	2
Olver	6	0	2	2	-1	4
Koci	24	1	0	1	-5	56
Gaunce	7	1	0	1	-2	9
Liffiton	4	1	0	1	3	17
Quincey	21	0	1	1	-3	18
Forsberg	2	0	0	0	-4	4
Budaj	35	0	1	1	0	4
Elliott	47	0	0	0	0	0

COLUMBUS

Player	GP	G	A	Pts	+/-	PIM
Nash	63	27	29	56	2	22
Umberger	64	20	28	48	-7	34
Voracek	62	12	30	42	8	22
Brassard	57	14	25	39	-1	47
Vermette	64	16	21	37	4	48
Upshall	64	18	11	29	4	46
Morrison	51	8	9	17	-24	7
Russell	57	4	15	19	-1	28
Hejda	61	4	12	16	-3	22
Pahlsson	45	5	10	15	-8	24
MacKenzie	45	4	11	15	9	2
Methot	58	0	15	15	5	48
Calvert	24	10	4	14	5	10
Clark	50	5	9	14	-4	34
Clitsome	21	3	11	14	2	16
Stralman	47	3	11	14	6	20
Lepisto	54	4	7	11	9	37
Wilson	31	4	7	11	-2	12
Dorsett	58	3	8	11	-12	133
Boll	55	6	4	10	0	158
Murray	29	4	5	9	-13	4
Filatov	23	0	7	7	3	8
Commodore	20	2	4	6	-8	44
Moreau	30	1	4	5	-7	20
Rivet	24	2	2	4	-4	12
Sestito	9	2	2	4	-4	0
Holden	5	0	0	0	0	0
Moore	2	0	0	0	0	0
Blunden	1	0	0	0	-1	0
Mason	43	0	1	1	0	0
Garon	29	0	1	1	0	2

DALLAS

Player	GP	G	A	Pts	+/-	PIM
Richards	56	24	39	63	4	24
Eriksson	64	23	38	61	12	6
Ribeiro	65	12	41	53	-5	22
Morrow	65	25	19	44	-6	60
Benn	52	18	23	41	-3	42
Goligoski	66	10	25	35	24	38
Robidas	64	4	24	28	1	61
Ott	65	10	15	25	-7	149
Langenbrunner	53	8	16	24	-16	37
Daley	65	5	19	24	6	28
Burish	57	8	5	13	3	91
Segal	36	4	5	9	0	34
Grossman	54	1	8	9	4	35
Wotypitka	46	1	6	7	6	18
Wandell	58	5	1	6	-1	12
Skrastins	61	3	3	6	-5	38
Fistric	46	2	3	5	-6	44
Sutherby	49	2	2	4	-8	56
Petersen	43	1	3	4	-7	8
Williams	10	1	3	4	-2	2
Barch	37	2	1	3	-6	80
Gagnon	19	0	2	2	-3	0
Larsen	6	0	2	2	1	0
Vincour	12	0	0	0	-1	0
Morin	3	0	0	0	-1	0
Wathier	3	0	0	0	-2	0
Sawada	1	0	0	0	-1	0
Sceviour	1	0	0	0	-1	0
Lehtonen	52	0	5	5	0	4
Raycroft	18	0	0	0	0	0
Bachman	1	0	0	0	0	0

DETROIT

Player	GP	G	A	Pts	+/-	PIM
Zetterberg	66	18	51	69	2	30
Datsyuk	47	20	32	52	11	13
Franzen	64	27	20	47	6	46
Cleary	52	22	16	38	6	10
Bertuzzi	66	14	23	37	-4	42
Rafalski	50	4	33	37	14	18
Filppula	55	13	19	32	2	16
Hudler	61	8	24	32	-1	22
Kronwall	66	10	20	30	5	32
Holmstrom	57	14	15	29	-1	46
Helm	66	9	19	28	2	12
Eaves	52	13	6	19	-2	10
Miller	57	7	8	15	-2	4
Stuart	51	3	12	15	5	32
Ericsson	58	3	11	14	9	70
Abdelkader	58	4	9	13	9	18
Modano	25	2	9	11	-4	6
Draper	36	6	3	9	1	10
Salei	64	1	8	9	1	40
Kindl	34	1	2	3	0	30
Mursak	18	1	1	2	-3	4
Tatar	9	1	0	1	0	0
Emmerton	2	1	0	1	1	0
Janik	7	0	1	1	0	2
Howard	50	0	1	1	0	4
Osgood	11	0	0	0	0	0
MacDonald	10	0	0	0	0	0

EDMONTON

Player	GP	G	A	Pts	+/-	PIM
Hall	65	22	20	42	-9	27
Gagner	66	15	27	42	-15	37
Horcoff	47	14	28	42	3	18
Eberle	53	15	21	36	-3	16
Cogliano	66	11	17	28	-11	56
Horcoff	43	9	18	27	5	44
Whitney	35	2	25	27	13	33
Pajarvi	64	10	16	26	-3	12
Gilbert	66	5	19	24	-10	26
Jones	65	14	5	19	-1	19
Omark	35	3	15	18	-11	14
Foster	62	5	11	16	-7	41
Peckham	60	7	9	16	-5	153
Vandermeer	46	2	9	11	4	55
Brule	37	7	2	9	-5	35
Smid	62	0	9	9	-7	72
Reddox	28	0	8	8	-1	0
Jacques	38	3	4	7	0	46
Fraser	59	2	2	4	0	60
Chorney	10	1	3	4	-4	4
Stortini	32	0	4	4	-2	76
Petry	21	1	2	3	-4	6
O'Marra	9	1	2	3	0	2
Strudwick	28	0	2	2	-14	21
MacIntyre	20	0	1	1	0	64
Petiot	2	0	0	0	1	2
Plante	1	0	0	0	0	0
Dubnyk	27	0	0	0	0	2
Khabibulin	39	0	0	0	0	10
Gerber	3	0	1	1	0	0

FLORIDA

Player	GP	G	A	Pts	+/-	PIM
Weiss	65	18	26	44	-11	43
Booth	66	19	15	34	-21	52
Santorelli	56	17	17	34	-12	16
Bergfors	56	11	19	30	-11	6
Samsonov	56	11	17	28	-2	12
Reasoner	66	13	14	27	-4	20
Higgins	48	11	12	23	5	10
Kulikov	56	5	16	21	6	26
Skille	56	7	11	18	-5	27
Olesz	44	6	11	17	-1	8
Matthias	47	6	10	16	1	16
Bernier	54	5	9	14	-14	8
Garrison	57	3	10	13	-2	20
Dadonov	25	4	7	11	2	14
Weaver	66	2	9	11	0	26
Reinprecht	29	4	6	10	-2	6
Kelleriu	38	1	9	10	-8	16
Thomas	19	3	3	6	1	4
Hordichuk	51	1	3	4	-1	69
Sulzer	36	1	3	4	-8	14
Repik	15	1	3	4	-6	8
Timmins	17	1	0	1	-7	6
McArdle	11	0	0	0	-3	16
Callahan	11	0	0	0	-4	6
Wilson	3	0	0	0	0	2
Jessiman	2	0	0	0	-1	5
Nilsson	49	1	1	2	0	14
Clemmensen	22	0	1	1	0	2
Markstrom	1	0	0	0	0	0

LOS ANGELES

Player	GP	G	A	Pts	+/-	PIM
Kopitar	65	20	43	63	20	16
Williams	65	20	30	50	10	24
Brown	65	21	23	44	18	59
Penner	64	22	18	40	-13	45
Smyth	65	20	20	40	7	33
Johnson	65	5	35	40	-12	38
Doughty	59	10	24	34	14	58
Handzus	65	9	16	25	0	18
Simmonds	63	12	12	24	-3	69
Richardson	55	7	10	17	-11	29
Scuderi	65	2	12	14	12	14
Westcarth	43	4	7	11	9	37
Martinez	43	4	7	11	-6	16
Clifford	61	4	6	10	-11	102
Ponikarovsky	44	4	5	9	2	26
Greene	54	1	7	8	3	58
Voynov	19	1	7	8	2	8
Lewis	55	2	5	7	-12	6
Mitchell	40	2	4	6	6	17
Drewiske	38	0	5	5	-1	19
Harrold	19	1	3	4	3	4
Parse	5	1	2	3	4	0
Moller	4	1	2	3	1	0
Westgarth	43	0	3	3	-4	81
Schenn	8	0	2	2	-1	0
Muzzin	11	0	1	1	-2	0
King	4	0	0	0	-1	0
Zeiler	4	0	0	0	-1	0
Quick	48	0	2	2	0	0
Bernier	20	0	0	0	0	0

MINNESOTA

Player	GP	G	A	Pts	+/-	PIM
Havlat	66	20	37	57	-2	40
Koivu	58	15	34	49	5	30
Burns	64	16	25	41	-6	58
Brunette	66	15	21	36	-6	14
Cullen	62	12	24	36	-2	22
Clutterbuck	64	18	13	31	2	50
Brodziak	64	14	17	31	4	36
Miettinen	57	11	19	30	-4	20
Bouchard	43	8	20	28	2	6
Zidlicky	39	5	17	22	-2	30
Madden	64	10	10	20	-6	8
Setoguchi	63	3	13	16	1	38
Kobasew	49	9	4	13	-3	19
Nystrom	66	3	5	8	-17	26
O'Sullivan	31	2	6	8	-2	4
Spurgeon	37	1	6	7	4	2
Latendresse	8	3	3	6	-2	2
Stoner	44	2	3	5	9	62
Barker	51	1	4	5	-11	34
Zanon	66	0	5	5	0	36
Staubitz	56	0	4	4	-3	125
Veilleux	14	1	1	2	-1	4
Falk	19	0	2	2	-2	6
Scandella	16	0	2	2	-5	2
Peters	7	1	0	1	0	4
Almond	8	0	0	0	0	2
Earl	6	0	0	0	-3	0
Kassian	4	0	0	0	-1	12
Gillies	3	0	0	0	0	0
Ortmeyer	3	0	0	0	1	2
Backstrom	40	0	0	0	0	2
Theodore	25	0	0	0	0	2

MONTREAL

Player	GP	G	A	Pts	+/-	PIM
Plekanec	65	20	31	51	14	50
Wisniewski	59	7	35	42	-15	52
Kostitsyn	65	16	21	37	5	32
Gionta	66	23	12	35	3	20
Cammalleri	51	15	20	35	8	31
Gomez	64	7	25	32	-15	40
Hamrlik	63	4	26	30	2	69
Subban	61	7	22	29	-4	90
Pouliot	63	13	13	26	7	63
Picard	63	2	5	7	8	16
Sopel	36	1	6	7	-3	18
Gorges	36	1	6	7	-3	18
Pyatt	50	1	3	4	-5	7
Markov	7	1	2	3	-2	4
Mara	37	1	1	2	0	44
Boyd	10	1	0	1	-6	2
White	11	0	1	1	3	9
Engqvist	2	0	0	0	0	0
Nash	2	0	0	0	-1	0
Price	58	0	2	2	0	13
Auld	11	0	0	0	0	2

NASHVILLE

Player	GP	G	A	Pts	+/-	PIM
Weber	66	13	26	39	9	52
Erat	50	11	25	36	12	8
Hornqvist	63	18	16	34	4	30
Kostitsyn	61	16	18	34	1	10
Wilson	66	14	16	30	10	10
Suter	54	3	27	30	23	44
Legwand	48	11	18	29	12	22
Fisher	66	15	13	28	-23	37
Goc	51	9	15	24	10	6
Franson	64	8	15	23	3	22
Sullivan	43	10	12	22	4	26
Ward	66	7	15	22	-2	34
O'Reilly	38	6	12	18	4	2
Dumont	60	9	8	17	3	16
Klein	65	2	11	13	3	24
Tootoo	39	4	7	11	4	54
Smithson	66	5	5	10	-3	27
Bouillon	44	1	9	10	-3	27
Spaling	58	5	4	9	-8	16
O'Brien	64	2	6	8	-9	61
Halischuk	16	1

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	65	40	19	3	3	208	174	86	20-10-1-2	20-9-2-1	4-5-1-0	L4
d-Boston	65	38	19	3	5	199	152	84	16-12-2-2	22-7-1-3	7-2-1-0	L1
d-Washington	67	37	20	5	5	178	167	84	19-8-2-5	18-12-3-0	8-2-0-0	W5
Pittsburgh	67	38	21	5	3	193	166	84	20-11-2-0	18-10-3-3	3-3-3-1	W1
Tampa Bay	66	37	21	3	5	196	200	82	21-8-1-4	16-13-2-1	3-4-0-3	L4
Montreal	66	36	23	4	3	176	167	79	20-8-3-3	16-15-1-0	6-3-0-1	W4
NY Rangers	68	35	29	2	2	193	164	74	15-17-1-2	20-12-1-0	5-5-0-0	W2
Buffalo	65	32	25	7	1	189	187	72	14-15-2-1	18-10-5-0	5-3-1-1	W2
Carolina	66	31	26	4	5	191	201	71	18-10-1-2	13-16-3-3	5-4-0-1	L1
Toronto	66	29	28	4	5	173	202	67	15-12-3-4	14-16-1-1	6-1-1-2	L1
Atlanta	66	27	28	4	7	184	214	65	14-14-1-5	13-14-3-2	3-6-0-1	W1
New Jersey	65	30	31	3	1	139	168	64	15-13-2-1	15-18-0-1	9-1-0-0	W4
Florida	66	26	31	5	4	165	184	61	12-13-5-3	14-18-0-1	2-6-2-0	L5
NY Islanders	67	25	32	5	5	184	212	60	14-15-1-4	11-17-4-1	4-3-2-1	L1
Ottawa	65	22	34	5	4	147	206	53	11-18-2-3	11-16-3-1	5-4-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	67	42	16	4	5	216	155	93	23-7-1-4	19-9-3-1	6-4-0-0	W2
d-Detroit	66	39	19	5	3	219	193	86	17-10-3-2	22-9-2-1	5-3-1-1	L3
d-San Jose	66	38	22	4	2	185	167	82	17-11-2-1	21-11-2-1	8-2-0-0	L1
Chicago	66	37	23	2	4	218	183	80	21-14-0-0	16-9-3-3	9-1-0-0	W8
Calgary	68	35	24	3	6	207	193	79	21-10-1-3	14-14-2-3	7-2-0-1	W2
Phoenix	67	34	23	6	4	191	194	78	16-11-3-2	18-12-3-2	5-4-0-1	W1
Dallas	65	35	23	3	4	180	183	77	18-9-2-3	17-14-1-1	4-5-1-0	W1
Los Angeles	65	36	25	2	2	180	159	76	20-11-1-0	16-14-1-2	6-3-0-1	L1
Anaheim	66	35	26	3	2	182	193	75	20-11-1-1	15-15-2-1	4-5-1-0	L1
Minnesota	66	34	25	2	5	171	174	75	16-13-1-3	18-12-1-2	4-4-1-1	L1
Nashville	66	33	24	5	4	167	156	75	15-7-4-3	18-17-1-1	3-5-1-1	L1
Columbus	65	31	26	3	5	180	196	70	16-13-0-2	15-13-3-3	4-3-0-3	L5
St. Louis	66	29	27	5	5	182	198	67	19-11-1-3	10-17-3-2	3-7-0-0	W1
Colorado	65	26	31	7	1	185	224	60	14-16-4-0	12-15-3-1	1-7-1-1	L5
Edmonton	66	23	35	1	7	169	215	54	12-19-1-3	11-16-1-3	7-3-0-0	W3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Washington 2 Tampa Bay 1 (SO)
St. Louis 5 Columbus 4 (SO)
Dallas at Los Angeles
Sunday's results
Calgary 3 Nashville 2
Vancouver 3 Anaheim 0
Buffalo 3 Minnesota 2 (OT)
New Jersey 3 N.Y. Islanders 2 (SO)
N.Y. Rangers 7 Philadelphia 0
Washington 3 Florida 2 (OT)

Tonight's games
Ottawa at New Jersey, 7 p.m.
Toronto at N.Y. Islanders, 7 p.m.
Edmonton at Philadelphia, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Boston at Montreal, 7:30 p.m.
Chicago at Florida, 7:30 p.m.
Colorado at Minnesota, 8 p.m.
Vancouver at Phoenix, 9 p.m.
Nashville at San Jose, 10:30 p.m.

CAPITALS 2, LIGHTNING 1 (SO)

First Period
1. Tampa Bay, Bergenheim 13 (St. Louis, Stamkos) 12:30 (pp)
Penalties — Carlson Wash (holding) 6:56, Hendricks Wash (slashing) 12:26, Ohlund TB (hooking) 18:21, Ovechkin Wash (delay of game) 19:55.
Second Period
No Scoring.
Penalties — Washington bench (too many men; served by Ovechkin) 2:37, Hedman TB (elbowing) 10:31.
Third Period
2. Washington, Semin 24 (Wideman, Ovechkin) 14:28
Penalties — Hannan Wash (high-sticking), Lecavalier TB (interference) 16:39.
Overtime
No Scoring.
Penalty — Kubina TB (hooking) 3:44.
Shootout
Washington wins 1-0
Washington (1) — Ovechkin, goal; Semin, miss.
Tampa Bay (0) — Moore, miss; Hall, miss; Lecavalier, miss.
Shots on goal by

Washington	7	10	3	10	30
Tampa Bay	7	14	4	3	28

Goal (shots-saves) — Washington: Neuvirth (7-6), Holtby (W,5-2-2)(start second)(21-21); Tampa Bay: Roloson (L,18-21-3).
Power plays (goals-chances) — Washington: 0-3; Tampa Bay: 1-4.
Referees — Marc Joannette, Tom Kowal.
Linesmen — Don Henderson, Jay Sharrers.
Attendance — 16,835 (19,758).

BLUES 5, BLUE JACKETS 4 (SO)

First Period
1. St. Louis, Berglund 18, 1:24
2. Columbus, Voracek 13 (Nash) 6:46
3. Columbus, Calvert 11 (Umberger, Russell) 7:32
4. Columbus, Tyutin 6 (Clitsome, Vermette) 10:10 (pp)
5. St. Louis, McDonald 15 (Stewart, Berglund) 12:42 (pp)
6. St. Louis, Oshie 7 (D'Agostini, Backes) 13:57 (pp)
Penalties — Dorsett Clb, Stewart StL (fighting) 1:43, Boll Clb, Janssen StL (fighting) 1:48, Rivet Clb, Backes StL (roughing) 2:40, Cole StL (holding) 10:05, Russell Clb (holding) 11:48, Nash Clb (tripping) 12:52.
Second Period
7. St. Louis, McDonald 16 (Backes, Shattenkirk) 6:53
8. Columbus, MacKenzie 5 (Nash, Voracek) 10:28
Penalty — Reaves StL (misconduct) 6:07.
Third Period
No Scoring.
Penalties — Oshie StL (slashing) 1:43, Cole StL (elbowing) 5:49.
Overtime
No Scoring.
Penalties — None.
Shootout
St. Louis wins 3-2
Columbus (2) — Nash, goal; Wilson, miss; Tyutin, goal; Vermette, miss.
St. Louis (3) — Oshie, goal; McDonald, goal; Stewart, miss; Steen, goal.
Shots on goal by

Columbus	8	13	4	3	28
St. Louis	16	9	7	4	36

Goal (shots-saves) — Columbus: Mason (L,22-16-4); St. Louis: Conklin (8-5), Bishop (W,3-4-0)(10:10 first)(20-19).
Power plays (goals-chances) — Columbus: 1-3; St. Louis: 2-2.
Referees — Stephane Auger, Dennis LaRue.
Linesmen — Steve Miller, Vaughan Rody.
Attendance — 19,150 (19,150).

SOCCER

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Man United	29	17	9	3	63	30	60
Arsenal	28	17	6	5	57	27	57
Man City	29	15	8	6	45	25	53
Chelsea	28	15	6	7	51	24	51
Tottenham	28	13	9	6	41	34	48
Liverpool	29	12	6	11	39	36	42
Bolton	29	10	10	9	42	40	40
Sunderland	29	9	11	9	33	35	38
Newcastle	29	9	9	11	44	41	36
Everton	28	8	12	8	37	37	36
Fulham	29	7	14	8	32	31	35
Stoke	29	10	4	15	32	38	34
Aston Villa	29	8	9	12	37	50	33
Blackburn	29	9	5	15	37	49	32
Blackpool	29	9	5	15	43	58	32
West Brom	29	8	8	13	39	54	32
West Ham	29	7	10	12	36	49	31
Birmingham	27	6	12	9	26	38	30
Wolverhampton	29	8	5	16	34	49	29
Wigan	29	5	12	12	27	50	27

Yesterday's results
Blackpool 1 Chelsea 3

SCOTLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Celtic	28	21	4	3	61	17	67
Rangers	26	20	2	4	58	23	62
Hearts	28	17	4	7	41	24	55
Kilmarnock	28	12	6	10	42	33	42
Dundee United	26	9	10	7	33	32	37
Motherwell	29	11	4	14	31	38	37
Inverness	29	9	9	11	39	37	36
Hibernian	29	9	5	15	31	45	32
St. Johnstone	28	8	8	12	18	34	32
Aberdeen	29	9	4	16	31	47	31
St. Mirren	28	5	7	16	22	45	22
Hamilton	28	2	9	17	16	48	15

Yesterday's result
Dundee United 3 Aberdeen 1

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Barcelona	27	24	2	1	78	13	74
Real Madrid	27	21	4	2	65	20	67
Valencia	27	16	6	5	42	28	54
Villarreal	27	15	5	7	46	29	50
Athletic Bilbao	27	13	2	12	42	38	41
Espanyol	27	13	1	13	35	39	40
Atletico Madrid	27	11	5	11	39	35	38
Sevilla	27	11	5	11	41	42	38
Real Sociedad	27	11	2	14	38	44	35
Mallorca	27	10	4	13	28	37	34
Getafe	27	9	6	12	36	41	33
Levante	27	9	4	14	28	38	31
Deportivo La Coruna	27	7	10	10	23	36	31
Racing Santander	27	7	9	11	25	39	30
Osasuna	27	7	8	12	27	32	29
Sporting Gijon	27	6	10	11	25	34	28
Zaragoza	27	6	9	12	24	39	27
Hercules	27	7	5	15	25	41	26
Almeria	27	5	10	12	28	45	25
Malaga	27	6	5	16	34	59	23

Yesterday's result
Deportivo La Coruna 2 Real Sociedad 1

EUROPEAN CHAMPIONS LEAGUE

First Leg
Today's games
Barcelona (Spain) vs. Arsenal (England), 2:45 p.m.
Shakhtar Donetsk (Ukraine) vs. AS Roma (Italy), 2:45 p.m.
Tomorrow's games
Schalke (Germany) vs. Valencia (Spain), 2:45 p.m.
Tottenham (England) vs. AC Milan (Italy), 2:45 p.m.
Tuesday, March 15
Bayern Munich (Germany) vs. Inter Milan (Italy), 3:45 p.m.
Manchester United (England) vs. Marseille (France), 3:45 p.m.
Wednesday, March 16
Chelsea (England) vs. Copenhagen (Denmark), 3:45 p.m.
Real Madrid (Spain) vs. Lyon (France), 3:45 p.m.

GOLF

WORLD GOLF RANKING

Through March 6

1. Martin Kaymer	GER	8.24
2. Lee Westwood	ENG	7.88
3. Luke Donald	ENG	6.55
4. Graeme McDowell	NIR	6.41
5. Tiger Woods	USA	6.12
6. Phil Mickelson	USA	6.10
7. Paul Casey	ENG	5.91
8. Rory McIlroy	NIR	5.56
9. Steve Stricker	USA	5.37
10. Matt Kuchar	USA	5.20
11. Jim Furyk	USA	5.05
12. Ernie Els	SAF	4.88
13. Ian Poulter	ENG	4.62
14. Dustin Johnson	USA	4.40
15. Bubba Watson	USA	4.31
16. Retief Goosen	SAF	4.29
17. Francesco Molinari	ITA	4.20
18. Robert Karlsson	SWE	4.18
19. Hunter Mahan	USA	4.16
20. Miguel Angel Jimenez	ESP	3.81
21. Alvaro Quiros	ESP	3.76
22. Tim Clark	SAF	3.71
23. Louis Oosthuizen	SAF	3.68
24. Charl Schwartzel	SAF	3.58
25. Edoardo Molinari	ITA	3.57
26. Robert Allenby	AUS	3.44
27. Geoff Ogilvy	AUS	3.30
28. Justin Rose	ENG	3.27
29. Y.E. Yang	KOR	3.23
30. Adam Scott	AUS	3.21
31. Nick Watney	USA	3.20
32. Rickie Fowler	USA	3.14
33. Kyung-Tae Kim	KOR	3.14
34. Zach Johnson	USA	3.11
35. Peter Hanson	SWE	3.02

PGA TOUR FEDEXCUP LEADERS

Through March 6

	Points	Money	YTD
1. Mark Wilson	1,055		$2,206,115
2. Jhonattan Vegas	752		$1,410,010
3. Rory Sabbatini	724		$1,412,194
4. Bubba Watson	724		$1,633,134
5. D.A. Points	713		$1,482,707
6. Aaron Baddeley	658		$1,435,716
7. Luke Donald	618		$1,536,800
8. Jonathan Byrd	589		$1,219,666
9. Matt Kuchar	567		$1,272,473
10. Vijay Singh	564		$1,179,492
11. Hunter Mahan	556		$1,128,394
12. Bill Haas	519		$967,600
13. Y.E. Yang	500		$1,068,396
14. Phil Mickelson	489		$951,031
15. Spencer Levin	487		$996,432
16. Gary Woodland	445		$860,064
17. Jason Dufner	407		$751,041
18. Jimmy Walker	405		$762,857
19. Steve Marino	404		$800,248
20. Nick Watney	352		$768,000
21. Graeme McDowell	347		$736,538
22. Matt Bettencourt	347		$558,136
23. Kevin Na	343		$689,357
24. Jerry Kelly	326		$620,011
25. J.B. Holmes	323		$743,787

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
Pakistan	3	3	0	0	0	6
Australia	3	2	1	0	1	5
Sri Lanka	4	2	1	1	1	5
New Zealand	3	2	0	1	0	4
Zimbabwe	3	1	0	2	0	2
Canada	4	1	0	3	0	2
Kenya	4	0	0	4	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	3	2	1	0	0	5
England	4	2	1	1	0	5
South Africa	3	2	0	1	0	4
West Indies	3	2	0	1	0	4
Bangladesh	3	1	0	2	0	2
Ireland	3	1	0	2	0	2
Netherlands	3	0	0	3	0	0

Yesterday's result
At New Delhi
Canada (199 for five) def. Kenya (198, all out) by five wickets.
Sunday's results
At Bangalore, India
India (210-5) def. Ireland (207, all out) by five wickets.
At Chennai, India
England (171) def. South Africa (165) by six runs.
Today's match
At Kandy (Pallekele), Sri Lanka

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
x-Boston	46	15	.754	—
New York	33	29	.532	13½
Philadelphia	32	30	.516	14½
New Jersey	19	43	.306	27½
Toronto	17	46	.270	30

SOUTHEAST DIVISION

	W	L	Pct	GB
Miami	43	20	.683	—
Orlando	40	24	.625	3½
Atlanta	37	26	.587	6
Charlotte	26	37	.413	17
Washington	16	46	.258	26½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	44	18	.710	—
Indiana	27	35	.435	17
Milwaukee	23	38	.377	20½
Detroit	23	41	.359	22
Cleveland	12	50	.194	32

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
San Antonio	51	12	.810	—
Dallas	46	17	.730	5
New Orleans	37	29	.561	15½
Memphis	36	29	.554	16
Houston	33	32	.508	19

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	39	23	.629	—
Denver	37	27	.578	3
Portland	36	27	.571	3½
Utah	33	31	.516	7
Minnesota	15	50	.231	25½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	45	19	.703	—
Phoenix	32	29	.525	11½
Golden State	27	35	.435	17
L.A. Clippers	24	40	.375	21
Sacramento	15	46	.246	28½

x — clinched playoff spot
Yesterday's results
L.A. Clippers 92 Charlotte 87
Portland 89 Orlando 85
New York 131 Utah 109
Chicago 85 New Orleans 77
Memphis 107 Oklahoma City 101
Dallas 108 Minnesota 105
Houston 123 Sacramento 101
Sunday's results
Chicago 87 Miami 86
L.A. Lakers 99 San Antonio 83
Detroit 113 Washington 102
Philadelphia 125 Golden State 117 (OT)
New York 92 Atlanta 79
New Orleans 96 Cleveland 81
Oklahoma City 122 Phoenix 118 (OT)
Memphis 104 Dallas 103
Boston 89 Milwaukee 83
Today's games
L.A. Lakers at Atlanta, 7 p.m.
Golden State at Cleveland, 7 p.m.
Philadelphia at Indiana, 7 p.m.
Milwaukee at Washington, 7 p.m.
Portland at Miami, 7:30 p.m.
Houston at Phoenix, 9 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	57	530	446	1607	28.2
James, MIA	61	562	403	1601	26.2
Stoudemire, NYK	60	595	371	1571	26.2
Wade, MIA	59	538	373	1497	25.4
Anthony, NYK	57	498	388	1432	25.1
Bryant, LAL	64	578	365	1607	25.1
Ellis, GOL	62	582	286	1547	25.0
Rose, CHI	60	538	314	1477	24.6
Howard, ORL	61	500	410	1410	23.1
Martin, HOU	62	414	460	1424	23.0
Nowitzki, DAL	53	442	276	1216	22.9
Griffin, LAC	63	539	348	1433	22.7
Aldridge, POR	62	544	291	1382	22.3
Westbrook, OKC	61	459	419	1359	22.3
Bargnani, TOR	56	467	237	1237	22.1
Love, MIN	64	436	383	1336	20.9
Granger, IND	61	425	298	1272	20.9

Not including last night's games

CURLING

TIM HORTONS BRIER

At London, Ont.
Yesterday's results

Province (Skip)	W	L
Manitoba (Stoughton)	5	0
N.L. (Gushue)	4	1
Ontario (Howard)	4	1
Alberta (Martin)	4	1
Saskatchewan (Laycock)	2	3
Northern Ont. (Jacobs)	2	3
Nova Scotia (Adams)	2	3
New Brunswick (Gratton)	2	3
Quebec (Gagne)	2	3
NWT/Yukon (Koe)	2	3
B.C. (Cotter)	1	4
P.E.I. (MacKenzie)	0	5

Yesterday's results
Sixth Draw
Newfoundland & Labrador 7 Saskatchewan 6
Ontario 7 British Columbia 5
Seventh Draw
Alberta 9 Prince Edward Island 2
Manitoba 8 Northern Ontario 4
New Brunswick 7 Quebec 5
Nova Scotia 9 Northwest/Yukon Territories 2
Eighth Draw
Newfoundland & Labrador 9 Alberta 4
Northern Ontario 7 British Columbia 5
Nova Scotia 7 Saskatchewan 6
Ontario 12 Quebec 4

WORLD JUNIOR CURLING CHAMPIONSHIP

At Perth, Scotland
MEN
Yesterday's results
Fourth Draw
Canada 9 U.S. 2
China 9 Switzerland 6
Finland 6 Czech Republic 4
Scotland 7 Denmark 5
Sweden 8 Norway 5
Fifth Draw
Canada 10 Scotland 5
Czech Republic 5 China 4
Norway 9 Finland 5
Sweden 10 Denmark 3
Switzerland 7 U.S. 4
Today's games
Sixth Draw (9 a.m.)
Czech Republic vs. Switzerland; Sweden vs. Finland; Denmark vs. **Canada**; China vs. Norway; Scotland vs. U.S.
WOMEN
Yesterday's results
Fourth Draw
Czech Republic 6 **Canada 4**
Norway 8 Japan 7
Russia 9 Sweden 4
Scotland 8 U.S.
Switzerland 11 France 13
Today's games
Fifth Draw, 4 a.m.
Scotland vs. Czech Republic; Norway vs. Switzerland; Japan vs. Russia; France vs. **Canada**; Sweden vs. Russia.
Draw Six, 2 p.m.
Russia vs. Norway; Scotland vs. Sweden; Czech Republic vs France; Japan vs. U.S.; **Canada** vs. Switzerland.

MLB

SPRING TRAINING

Yesterday's results
St. Louis 10 Minnesota 4
Tampa Bay 4 Pittsburgh 2
Washington 14 Houston 9
Boston 6 Baltimore (ss) 5
Florida 4 Atlanta 3 (10 ings)
N.Y. Yankees (ss) 7 Philadelphia 1
Detroit 2 N.Y. Mets 1
Chicago White Sox (ss) 16 Cleveland 16
Seattle 6 Oakland 3
Milwaukee 15 Cincinnati 2
Chicago Cubs 14 L.A. Angels 13
Chicago White Sox (ss) 12 Arizona (ss) 1
Arizona (ss) 8 Kansas City (ss) 6
L.A. Dodgers 7 Colorado 1
Baltimore (ss) 0 N.Y. Yankees (ss) 0
Kansas City (ss) 11 San Diego 3
San Francisco 4 Texas 1

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Kenya believe it? Canada records its second ever World Cup win

Captain Ashish Bagai and Jimmy Hansra both made half-centuries in a 132-run stand as Canada defeated Kenya by five wickets yesterday for just the country's second career win at the Cricket World Cup.

Bagai was 64 not out and Hansra made 70, lifting Canada from 48-3 and helping it past Kenya's 198 all out in the battle of Group A's bottom teams at the Feroz Shah Kotla stadium.

Kenya slumped to a fourth successive loss at this tournament.

Canada improved to 1-3 — and 2-14 all-time at the competition. Its only other win was in 2003 over Bangladesh.

Canada fast bowler Henry Osinde produced an opening burst of 3-7 to help send Kenya reeling at 57-5.

Osinde finished with a career-best 4-26.

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SAURABH DAS/THE ASSOCIATED PRESS

▶ Ashish Bagai, left, and John Davison.

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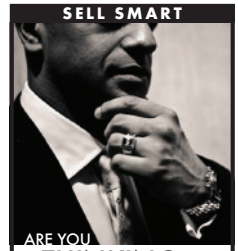

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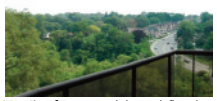

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Personals

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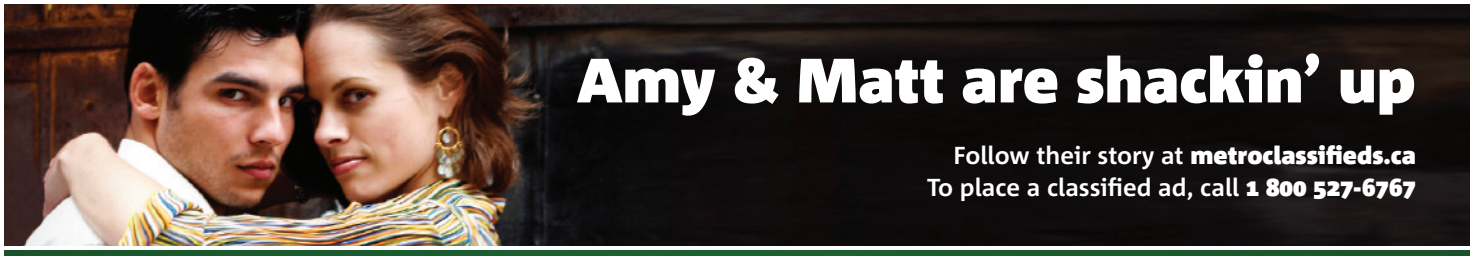

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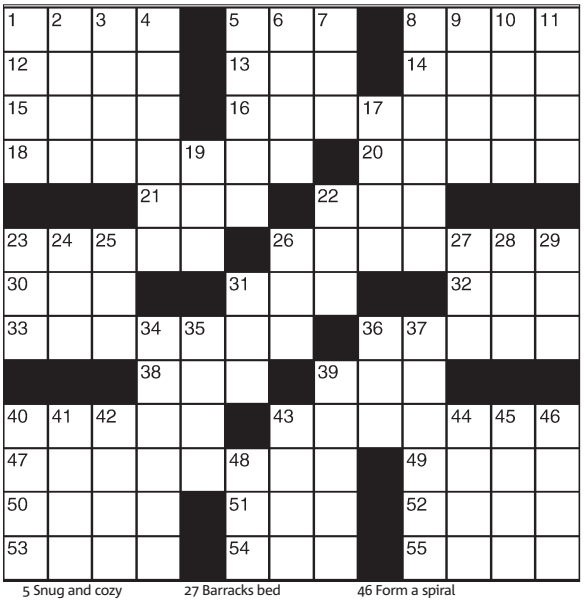
Crossword



Across

1 Rock band, Motley —
5 Miler Sebastian
8 Sudden swerves
12 Stereo setup
13 Antique
14 And others (Lat.)
15 Enthusiastic, plus
16 Gushy love letter
18 Write quickly
20 Intended
21 Your
22 Explosive letters
23 Tremor
26 NYC-based TV game show
30 Illustrations
31 Formalwear, for short
32 Praise in verse
33 Attack with words
36 Parody
38 Hostel
39 Blower
40 Marshal Earp
43 Pound sign, on Twitter
47 1950 Kurosawa classic
49 Unbridled revelry
50 Sheltered
51 "Dancing With the Stars" network
52 Taleteller
53 Bosc or Bartlett
54 Plaything
55 Days gone by

Down

1 Neighbor of Sudan
2 Latvia's capital
3 Fleet from far away?
4 Skating figures
5 Snug and cozy
6 Minnesota's St. — College
7 Mag. staffers
8 Pinnacle
9 Teensy bit
10 Fence opening
11 Coaster
17 — Christian Andersen
19 Resistance unit
22 IRS' share
23 "My gal" of song
24 Historic time
25 "— Impossible"
26 Snip
27 Barracks bed
28 Fuss
29 26-Across host Bailey
31 Wine cask
34 Here
35 Not fooled by
36 — de deux
37 Wicked
39 Ornate
40 Cover a gift
41 New Haven school
42 On the briny
43 Vagrant
44 Small combo
45 Culture medium
46 Form a spiral
48 Wrestling surface

▶ Saturday's answer

W	E	B	B	■	D	E	B	■	A	L	A	R
O	R	A	L	■	O	R	E	■	R	A	N	I
O	N	T	O	■	W	R	E	S	T	I	N	G
S	E	H	O	R	N	■	S	T	I	L	E	S
■	■	■	M	A	T	A	■	Y	E	A	■	■
P	R	E	S	T	I	G	E	■	R	A	R	E
R	E	X	■	A	M	O	V	E	■	L	E	W
E	P	I	C	■	E	G	E	S	T	I	V	E
■	■	S	H	H	■	O	N	E	R	■	■	■
A	T	T	A	I	N	■	I	L	E	X	E	S
Q	U	E	S	T	I	O	N	■	B	E	T	A
U	R	N	S	■	G	A	G	■	E	N	O	S
A	N	T	E	■	H	R	S	■	K	A	N	S

Sudoku

			1			6		
4	5						8	
		6			9		1	
	3	5	2	7			6	
7								2
	6			9	8	7	4	
	1		7			5		
	2						7	3
		4			2			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	6	9	2	3	4	1	7
2	1	7	8	4	5	3	9	6
9	3	4	7	6	1	5	8	2
1	8	3	2	9	7	6	5	4
6	9	5	1	3	4	2	7	8
7	4	2	5	8	6	9	3	1
3	2	8	6	7	9	1	4	5
5	7	9	4	1	2	8	6	3
4	6	1	3	5	8	7	2	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Binko,
I love you with all my heart. I know things are hard right now, but together we can make it. We can have all our dreams come true. **LOVE BINKA**

Boo, I just want you to know how much I love you. We have been through a lot and it shows me how strong our love can be! Let's focus on the present! Love you always, **YOUR ONE AND ONLY!**

Miss Boombastic you're superfantantastic. FYI your hips NEVER lie... To one spunky Lady PANTYHOSE!!!!! **YOUR MAN OF THE MONTH. HC XOX**

Hola Mi Mariposa, I was a fool to let you go. You are the best thing to ever happen to me. I'm ready to give it another shot, if you'll have me. **WILL**

Today 0°/-1° Variable
Wednesday 3°/2° Rain 90%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may think that you don't have to try too hard, and maybe you don't. But don't leave many things to chance or the results may not be to your liking.

♉ Taurus April 21-May 21 Your confidence may be high but don't fall into the trap of thinking that nothing can possibly go wrong. This is a good day for making plans but you must be flexible. Plans can change.

♊ Gemini May 22-June 21 You are under no obligation to go out of your way to help people and anyone who tries to convince you that you owe him or her your time, or even your money, is not to be trusted. Real friends don't make such demands.

♋ Cancer June 22-July 22 There are events going on behind the scenes that you cannot possibly know about, so don't assume that things will work out as they always have. Be ready to watch and learn.

♌ Leo July 23-Aug.23 The more people say you can trust them today, the more you should be on your guard. It's unlikely they are trying to mislead you, but it's possible that they don't know what is really going on.

♍ Virgo Aug. 24- Sept. 22 Opportunity is about to come knocking and when it does, you must grab it with both hands. Having said that, one particular offer may look too good to be true, so listen to your sixth sense.

♎ Libra Sept. 23-Oct. 23 The more time and energy you have put into a project, the more reluctant you will be to give up on it. However, the planets indicate you've gone as far as you can with it. It's time to move on.

♏ Scorpio Oct. 24-Nov. 22 By all means kick up a bit of a fuss today, especially if someone you thought you could trust lets you down at the last moment. However, notice the words "a bit".

♐ Sagittarius Nov. 23-Dec. 21 Avoid the temptation to point out the holes in someone's plans because he or she won't take kindly to you being so negative. It's his or her life — and mistakes.

♑ Capricorn Dec. 22-Jan. 20 You do best when you have a plan of action that will get you from where you are to where you want to be by the quickest time and shortest route. Don't change that today.

♒ Aquarius Jan. 21-Feb. 18 There is a danger that you'll try too hard to make a good impression and turn people off. Be who you are and let fate take care of the rest. If it's meant to be, it will be.

♓ Pisces Feb. 19-March 20 You may be tempted to tell a friend what he or she wants to hear rather than what he or she needs to hear. Don't do it. It's best to get bad news over with quickly rather than letting it drag on. SALLY BROMPTON

ANDRE PENNER/THE ASSOCIATED PRESS

Caption contest

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Departure tax: 26 USD cash, paid locally • Add $50 for Sun. departures

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